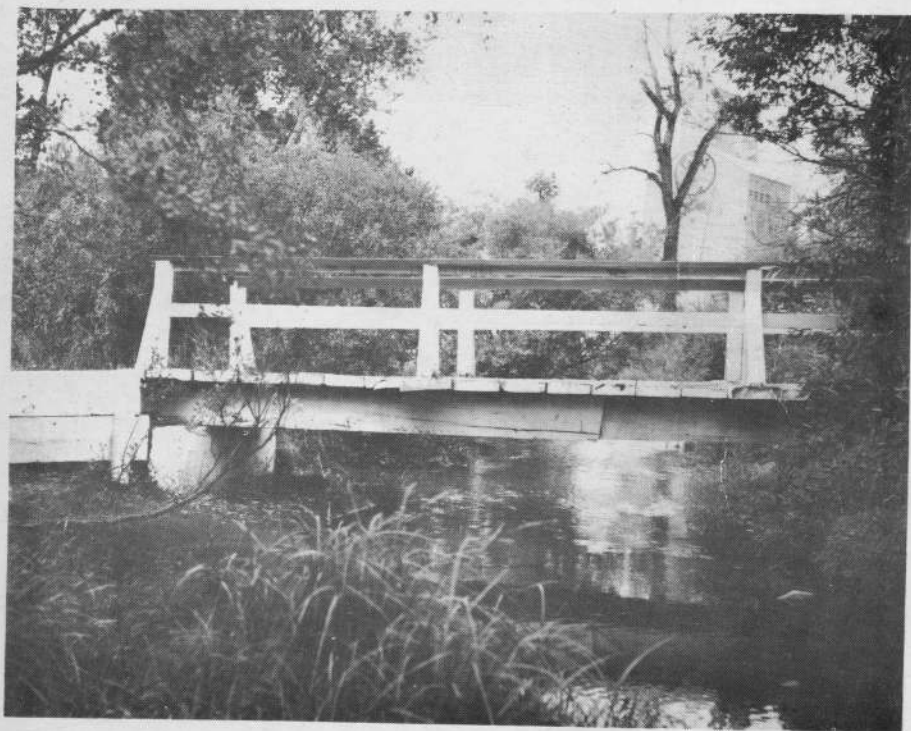


Kitchen Klassics



CHOTEAU JAYCEEN'S

Choteau, Montana



We want to express our appreciation to all the merchants whose fine spirit of cooperation made it possible for us to publish this book.

* * * * *

MESSAGE FROM THE PUBLISHER

This book has been published through the combined efforts of our company and the organization whose name appears on the cover.

We sincerely hope that you will enjoy its use. Should you want extra copies of this publication for your friends, relatives or neighbors, you can purchase them from the organization.

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LITHO IN CANADA

Take time for 10 things

- 1 **Take time to Work—**
it is the price of success.
- 2 **Take time to Think—**
it is the source of power.
- 3 **Take time to Play—**
it is the secret of youth.
- 4 **Take time to Read—**
it is the foundation of knowledge.
- 5 **Take time to Worship—**
it is the highway of reverence and washes
the dust of earth from our eyes.
- 6 **Take time to Help and Enjoy Friends—**
it is the source of happiness.
- 7 **Take time to Love—**
it is the one sacrament of life.
- 8 **Take time to Dream—**
it hitches the soul to the stars.
- 9 **Take time to Laugh—**
it is the singing that helps with life's loads.
- 10 **Take time to Plan—**
it is the secret of being able to have time
to take time for the first nine things.

IN APPRECIATION

We the Choteau Jayceens wish to thank the many
advertisers for their generous support, our members
and friends for their co-operation in the various
phases of planning, selling ads, organizing and
compiling of this book.

* * * * *

Recipes, like friends, must be tested before
their worth is proved.
We have tried to give you family favorite
recipes of our local community and sincerely
hope you enjoy them as much as we have enjoyed
bringing them to you.

If by chance - you discover a mistake will
you not be . . .
To our faults a little blind
To our virtues very kind.

Cook Book Committee
Co-Chairmen
Suzee White and
Jonnie Conatser
- Choteau, Mont.

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* * * *

- Choteau, Mont.

A JAYCEEN CREED

We're Jaycee wives, one Purpose in view
To help our husbands in work that they do.
In social endeavor, our efforts we'll bend
To help every member call each other friend.
With financial help, we'll do our part
For we work with our hands as well as our hearts,
And we know so well the reward from work done
When husband and wife work together as one.

* * *

WE BELIEVE:

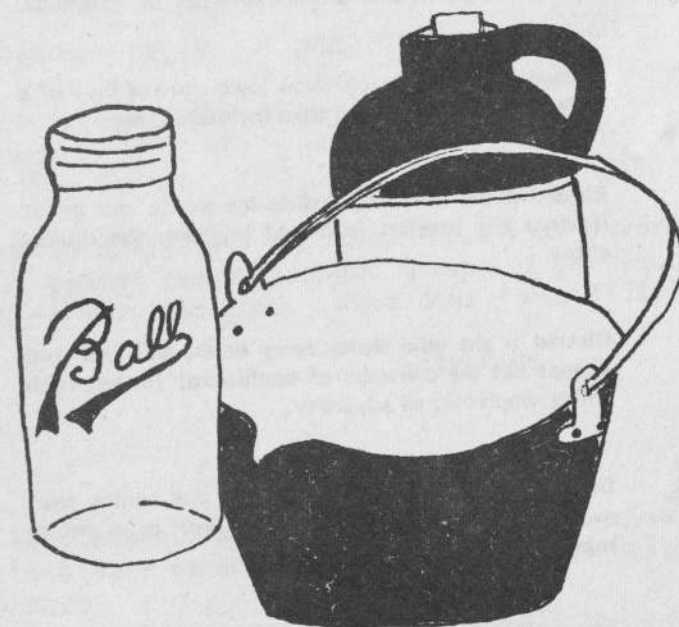
That assistance to Jaycees is a fine and
worthwhile goal.
That the sharing of ideas is the means
for gaining wisdom.
That responsibility to our children extends
far outside our home.
That a talent unused is a debt to mankind,
And freedom of expression is a precious
gift of life.
That faith in God will guide us in pathways
toward success, as, united with our husbands,
we meet the challenge of our times.

* * *

- Choteau, Mont.

- EXTRA RECIPES -

Hors d'oeuvres, Pickles & Relishes



- Choteau, Mont.



BEATITUDES FOR THE HOUSEWIVES



Blessed is she whose daily tasks are a labor of love; for her willing hands and happy heart translate duty into privilege, and her labor becomes a service to God.



Blessed is she who opens the door to welcome both stranger and friends; for gracious hospitality is a test of brotherly love.



Blessed is she who mends stockings and toys and broken hearts; for her understanding is a balm to humanity.



Blessed is she who scours and scrubs; for well she knows that cleanliness is one expression of Godliness.



Blessed is she whom children love; for the love of a child is more to be valued than fortune or fame.



Blessed is she who sings while she works; for music lightens the heaviest load and brightens the dullest chore.



Blessed is she who serves laughter and smiles with every meal; for her buoyancy of spirit is an aid to mental and physical digestion.



Blessed is she who preserves the sanctity to the Christian home; for hers is a sacred trust that crowns her with dignity.



HORS D'OEUVRES, PICKLES

& RELISHES

TOMATO ASPIC

1 small lemon Jello	Tabasco sauce
2 c. V-8 juice	Salt and pepper
½ c. celery	Worcestershire sauce
¼ c. onions	
½ c. black olives	All above ing. to taste

Heat V-8 juice, add lemon Jello and rest of ingredients. Put in mold and chill.

Suzee White

SHRIMP FILLING FOR HORS D'OEUVRES

1 pt. sour cream	1 pkg. onion or
1 or 2 (8 oz.) of	barbecue dip
cream cheese	2 cans (flat) shrimp

Mix ingredients together and then - use your favorite cream puff batter and drop about ½ tsp. of batter on cookie sheet for each puff. When done - use filling above.

Betty Rada

PIMENTO DIP

2 jars pimento cheese	6 tbsp. mayonnaise
Little sour cream	Little grated onion
Tabasco	Accent
Worcestershire sauce	Garlic salt

(continued)

1 - Choteau, Mont.

Mix pimento cheese, mayonnaise, sour cream and grated onion. Add other ingredients to taste. Standing improves flavor.

Marion Hinman

SPICY DEVEILED HAM STICKS

Blend 2 - 4½ oz. cans deviled ham with a 1½ oz. pkg. blue cheese, crumbled and at room temperature. Sift 2 c. flour with 1 tsp. salt, cut in 2/3 c. shortening until crumbly. Sprinkle with 5 to 7 tbsp. ice water, mixing with fork till dough sticks together in a ball. On floured board, roll dough into large rectangle - trim edges evenly to 18" by 12". Spread ½ of it with ham mixture - fold other ½ over, forming 12x9" rectangle. Cut in half lengthwise, then into strips 6x¼". Bake at 450 degrees 12 to 15 min. or till golden brown. Cool slightly, then remove to wire rack. Makes 72.

Christie Field

CARAWAY CHEESE LOG

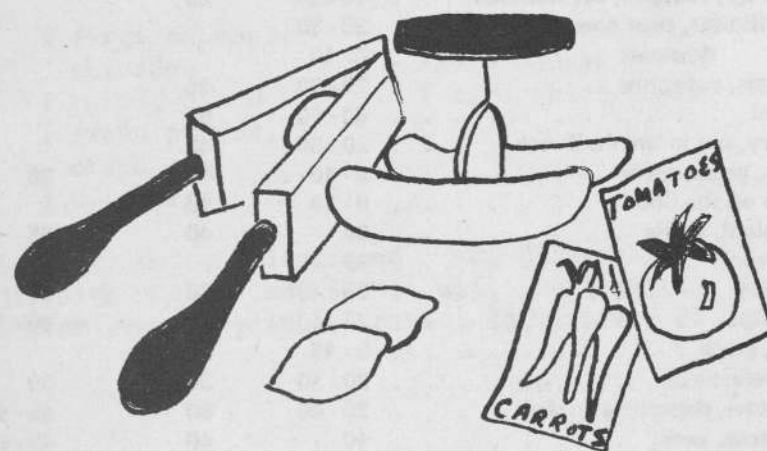
1-8 oz. pkg. cream cheese	1 tsp. seasoned salt
1/3 c. cream	½ c. parmesan cheese, shredded
12 oz. Muenster cheese, shredded	½ tsp. paprika
2 tbsp. chopped parsley	Rye crackers
1 tbsp. caraway seeds	

Blend cream cheese with cream, beat till fluffy. Add Muenster cheese, parsley, caraway seeds and seasoned salt. Mix well - chill for easier handling. Shape cheese into log and coat with combined parmesan and paprika. Chill till firm. Serve with rye crackers.

June Russel

2 - Choteau, Mont.

Salads, Soups & Vegetables



SAUCES

WHITE SAUCE	LIQUID	THICKENING	FAT	SEASONING (Salt)
No. 1 thin	1 c. milk	1 Tbsp. flour	1 Tbsp.	½ tsp.
No. 2 medium	1 c. milk	2 Tbsp. flour	1½ Tbsp.	½ tsp.
No. 3	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick	1 c. milk	4 Tbsp. flour	2½ Tbsp.	1 tsp.

Use No. 1 sauce for cream soups.

Use No. 2 sauce for creamed or scalloped dishes or gravy.

Use No. 3 sauce for souffles.

Use No. 4 sauce for croquettes.

VEGETABLE TIME TABLE

VEGETABLE	(Minutes)	BOILED	STEAMED	BAKED
Asparagus Tips	10 - 15			
Asparagus, tied in bundles	20 - 30			
Artichokes, French	40		45 - 60	
Bean, Lima, depending on age	20 - 40		60	
Bean, String	15 - 35		60	
Beets, young with skins on	30		60	70 - 90
old	1-2 hrs.		1-2 hrs.	
Broccoli, flowerets	5 - 10			
stems	20 - 30			
Brussel Sprouts	20 - 30			
Cabbage, chopped, cut sectional	10 - 20		25	
Cauliflower, stem down, whole	20 - 30			
flowerets	8 - 10			
Carrots, cut across	20 - 30		40	
Chard	60 - 90		90	
Celery, cut in lengths ½ inch	20 - 30		45	
Corn, green, tender	5 - 10		15	20
Corn on the Cob	8 - 10		15	
Eggplant, whole	30		40	45
Marrow	15 - 40			
Onions	25 - 40		60	60
Parsnips	25 - 40		60	60 - 75
Peas, green	5 - 15		5 - 15	
Peppers	20 - 30		30	30
Potatoes, depending on size	20 - 40		60	45 - 60
Potatoes, sweet	40		40	45 - 60
Scalloped potatoes				60 - 90
Pumpkin, in cubes	30		45	60
Salsify	25		45	
Spinach	8 - 10		20	
Squash in cubes	20 - 40		50	60
Tomatoes, depending on size	5 - 15		50	15 - 20
Turnips, depending on size	25 - 40			

SALADS, VEGETABLES & SOUP

HOT CRAB SALAD

½ c. minced green pepper	¼ tsp. salt
½ c. minced onion	¼ tsp. pepper
½ c. minced celery	1 tsp. Worcestershire
1-6 oz. pkg. frozen crab,	sauce
thawed & drained	1/3 c. mayonnaise
	¼ c. crushed potato
	chips

In 1 qt. baking dish, combine all ingredients except chips. Sprinkle with chips. Bake at 350 degrees for 30 min.

Sue Depner

24 HOUR COLESLAW

1 large cabbage,	½ tsp. salt
shredded	2/3 c. sugar
1 onion, diced	1 tsp. celery seed
1 green pepper,	
diced	
1 c. vinegar	

Boil sugar, salt, celery seed. Add vinegar. Cook to dissolve sugar. Add ¾ c. oil. Boil again. Cool. Pour over remaining ingredients. Refrigerate 24 hrs.

Carolynn Moore

COOL-AS-A-CUKE SALAD

1 pkg. lemon or lime Jello	1 c. mayonnaise
3/4 c. hot water	1 c. grated cuke - no seeds
1/4 c. lemon juice or vinegar	
1 tbsp. onion, grated	

Dissolve Jello in water and add lemon juice and onion. Chill till it starts to set. Fold in mayonnaise and cuke. Double recipe for ring mold.

Christie Field

PINEAPPLE CHEESE SALAD

2 small pkg. lemon jello - dissolved in
2 c. hot water

Chill until thick.

1/2 c. chopped nuts	1/4 c. grated cheese
Maraschino cherries, chopped	1 c. cream, whipped
3 tbsp. salad dressing	
1 c. crushed pineapple	

Mix all ingredients well. Whip cream - add to Jello.

Peggy Martin

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IN THIS BOOK

4 - Choteau, Mont.

PAPER CUP FROZEN SALAD

1-8 oz. pkg. cream cheese	1 c. pecans (opt.)
1/4 c. lemon juice	1 1/2 c. Dream Whip
1/8 tsp. salt	4 drops red food color
1 c. crushed pine- apple (drained)	1 - 1 lb. can drained bing cherries
1 c. sliced bananas	

Beat cheese with lemon juice and salt until smooth, stir in pineapple, nuts, bananas, food coloring. Fold in whipped cream. Lightly fold in bing cherries. Spoon into fluted paper muffins (large size) which have been placed in muffin cup pans and then freeze. Cover with plastic wrap and store in freezer. About 15 min. before serving remove from freezer. Peel off cups and serve on lettuce. Serves 12.

Toni Kind

PATRIOTIC SALAD

2 pkg. raspberry gelatin	1-8 oz. pkg. cream cheese
3 c. hot water	1/2 c. chopped nuts
1 pkg. unflavored gelatin	1 tsp. vanilla
1/2 c. cold water	1 #303 can blueberries undrained
1 c. cream	
1 c. sugar	

Dissolve 1 pkg. raspberry gelatin in 2 c. hot water, chill until set. Soften unflavored gelatin in cold water. Heat sugar, cream and cream cheese, added softened gelatin mixture. Stir until all ingredients are dissolved - cool. Add nuts and vanilla, pour over raspberry gelatin mixture, and chill until set.

(continued)

5 - Choteau, Mont.

Dissolve remaining raspberry gelatin in 1 c. hot water, add blueberries. Pour over cream layer, chill until set. Makes 12 to 15 servings.

Arlyne McCollom

SPEEDY FRUIT SALAD

- | | |
|---|---|
| 1 pkg. lemon or
vanilla instant
pudding mix | Miniature marshmallows |
| 1 c. fruit cocktail &
juice | 1 can mandarin oranges,
drained or |
| 2 bananas | 1 small can pineapple,
well drained |
| | Fresh or canned seedless
white grapes, drained |

Stir pudding mix into fruit cocktail juice and add remaining ingredients.

Shirley Wilson

SCALLOPED ZUCCHINI

- | | |
|--------------------------------|----------------------|
| 6 c. zucchini squash
sliced | 1 egg, beaten |
| $\frac{1}{4}$ c. water | Dash of pepper |
| $\frac{1}{2}$ tsp. salt | 8 oz. cheddar or |
| 6 soda crackers, crumbled | Colby cheese, grated |

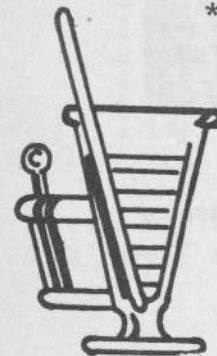
Scrub squash and slice about $\frac{1}{4}$ " thick. Steam with water and salt until slightly tender. Beat egg and add with pepper and crackers to undrained squash. Grate cheese and mix that with squash and turn into buttered casserole and bake in a 350 degree oven approximately 30 min. or until cheese is melted and the casserole is firm. Serves 4-6 people.

Christie Field

6 - Choteau, Mont.

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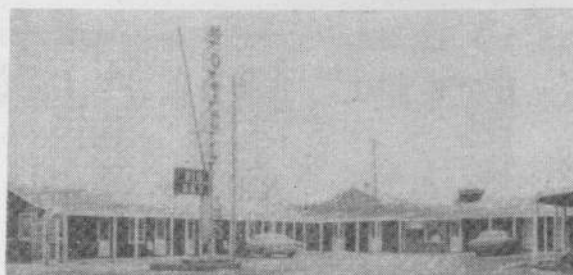
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CABBAGE SCRAMBLE

- 3 c. coarsely chopped cabbage
- 2 c. finely cut celery
- 1 med. onion, finely chopped
- ½ green pepper - slivered
- 2 diced tomatoes
- 1 tsp. salt
- 1 tbs. bacon fat

Prepare all vegetables - heat bacon fat in skillet.
Cook only 5 min. Serve immediately.

Marjorie Cannon

HOT DILLED BEANS

- 2 c. vinegar
- 2 c. water
- ¼ c. salt
- 1 clove garlic
- 1 head of dill
- 1/8 tsp. cayenne pepper
- Fresh string green beans

Wash, stem and pack uncooked beans in sterile jars. Whole beans placed on end in pint jars have a pleasing appearance. To each jar add the garlic, dill and cayenne pepper. Bring vinegar, water and salt to a boil and pour over beans. Seal immediately with canning lids.

Bev Rose

ROQUEFORT DRESSING

- 1 qt. Best Foods Mayonnaise
- 3 oz. Roquefort
- Over ½ of large pkg. of cream cheese
- Onion (grated - to flavor)
- Garlic (3 to 4 buds - very fine)

(continued)

7 - Choteau, Mont.

Mix with fork cream cheese and Roquefort until blended. Add onion and garlic. Add mayonnaise a little at a time, blending with fork after each addition.

Jonnie Conatser

THOUSAND ISLAND DRESSING

1 pt. mayonnaise dressing
4 eggs - boiled - chopped
Juice of 1 lemon
 $\frac{1}{2}$ c. sweet relish with red pepper
 $\frac{1}{4}$ - $\frac{1}{2}$ c. ketchup
 $\frac{1}{8}$ tsp. garlic salt
Ground pepper, shake in
Salt
1 tsp. Worcestershire sauce
Dash tabasco sauce

Mix well - refrigerate.

Suzee White

HOLIDAY PATE

1-8 oz. cream cheese, softened
1-12 oz. can luncheon meat, chopped
 $\frac{1}{4}$ c. chopped stuffed olives
2 tbsp. fine chopped onions
2 tsp. Worcestershire sauce
2 tsp. lemon juice
 $\frac{1}{4}$ tsp. powdered thyme

Mix well the cream cheese and luncheon meat. Add remaining ingredients and place in a greased 3 c. ring mold. Chill. Unmold and decorate with parsley and pimento. Serve with crackers.

Lois Crabtree

8 - Choteau, Mont.

MARINATED CARROTS

5 c. fresh carrot (sliced, boiled tender and drained)
1 onion, chopped
1 green pepper, chopped
1 tsp. black pepper
 $\frac{1}{2}$ c. oil
 $\frac{3}{4}$ c. vinegar (white)
1 c. sugar
1 can bisque of tomato soup
1 tbsp. dry mustard
1 tsp. Worcestershire sauce

Mix together all ingredients and bring to boil. Pour over the cooked, drained carrots. Let set overnight and serve at room temperature. Keep in refrigerator. May use frozen carrots.

Jerry Dunckel

SIBERIAN SPINACH

2 pt. cartons cottage cheese (small curd)
 $\frac{1}{2}$ stick butter - cut in small cubes
 $\frac{1}{4}$ lb. mild cheddar cheese (cut in small cubes)
1 pkg. frozen spinach - thaw and drain
 $\frac{1}{4}$ tsp. salt
3 tbsp. flour (add last)

3 eggs - beaten

Put cottage and cheddar cheeses, butter, spinach, beaten eggs and salt in large mixing bowl. Mix well. Add flour and mix again. Put in well greased flat baking dish. Bake at 350 degrees until brown spots appear (about an hr. or longer).

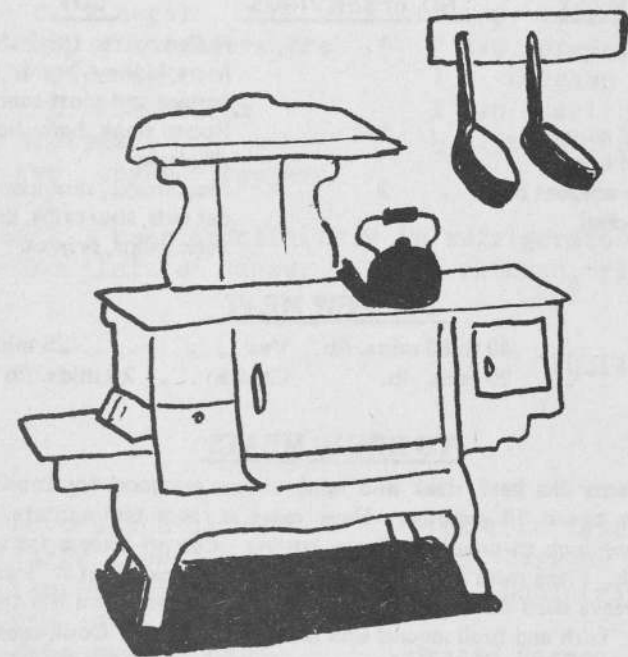
NOTE: This may be made the day before and heated before serving.

Marjorie Cannon

9 - Choteau, Mont.

- EXTRA RECIPES -

Meat, Fish & Poultry



TIME CHART for MEAT, POULTRY and FISH

MEAT and POULTRY	TIME per lb.	OVEN Temperature
Beef, rare	18 to 20 mins.	300 - 350
medium	22 to 25 mins.	300 - 350
well done	27 to 30 mins.	300 - 350
Pork, fresh	35 to 45 mins.	300 - 350
cured, well done	20 to 35 mins.	300 - 350
Ham, smoked	25 to 30 mins.	300 - 350
Lamb	30 to 35 mins.	300 - 350
Veal	25 to 35 mins.	300
All rolled roasts	add 10 to 15 mins. per lb.	
Chicken	22 to 30 mins.	325 - 350
Duck	20 to 25 mins.	325 - 350
Goose	25 to 30 mins.	325 - 350
Turkey, large	20 to 25 mins.	275 - 300
Small	15 to 25 mins.	300 - 325
Fish	20 mins.	325 - 350

AMOUNT OF MEAT TO PURCHASE

TYPE OF MEAT	NO. of SERVINGS	CUT
1 lb.	4	Rollled roasts, flank steaks, liver, heart, kidney, brains, sweetbreads, sausage and most canned meats.
1 lb. (small amount of bone)	3	Round steak, ham slice, pot roast, rib steaks
1 lb. (large amount of bone)	2	Most steaks, shoulder steaks, shoulder cuts, short ribs, breast, plate, neck chops, brisket.

TO STEW MEAT

Beef	40 to 60 mins. /lb.	Veal	25 mins. /lb.
Lamb	20 mins. /lb.	Chicken	20 mins. /lb or more.

TO BROIL MEATS

Tender meats like beef steak and lamb chops, are good for broiling. Preheat broiler for about 10 minutes. Have meat at room temperature. Score edge about every inch to prevent it from curling. Cut off excess fat and use it to grease rack. Place meat in middle of rack. Place rack about 3" from the heating unit and leave oven door slightly open.* Broil the meat until the top side is well browned. Turn and broil second side until it is browned. Cook each side half the required time. Only one turning necessary. Season and serve on a hot platter.

Pan broiling: Heat a frying pan very hot and grease it by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

MEAT, FISH & POULTRY

BARBECUED MEATBALLS

2 lb. ground beef	4 oz. chopped onion
1 tsp. natural chicken base	1 tbsp. beef bouillon (instant granules)
Salt & pepper to taste	Sprinkle - very little of basil, thyme, oregano

Mix altogether and bake in Jamaican Barbecue sauce at 350 degrees for 45 min.

Jamaican barbecue sauce:

1½ c. vinegar	4 tsp. lemon juice
3 tbsp. Worcestershire	2 tsp. prepared mustard
¾ tsp. salt	1 c. ketchup
1 tsp. Monosodium Glutamate	1 tsp. garlic powder
1 tsp. cayenne pepper	½ c. tomato puree

Do not cook - keep indefinitely in refrigerator. Makes 1-¾ pints of sauce. Use on chicken, ribs, hamburger, etc.

Lucile Lussenden

LASAGNE

1 c. chopped onion	1 pint cottage cheese
2 large cloves garlic	½ lb. lasagne noodles
2 tsp. vinegar	½ lb. Mozzarella cheese, sliced
2 tsp. oregano	Grated Parmesan cheese
2 cans tomato soup	
½ c. water	

(continued)

Brown beef and cook onion, garlic and oregano. Add soup, water, vinegar. Simmer 30 min. Stir now and then. In shallow baking dish 12x8x2 arrange 3 alternate layers of noodles, cottage cheese and meat sauce and Mozzarella. Bake at 350 degrees 30 min. Let stand 15 min.

Jeanette Denison

MOOSE - ELK OR CARIBOU STEAK

½ c. onions	2 tbsp. butter
1 c. mushrooms, drained	2 tbsp. flour
½ c. sweet or sour cream	½ c. chopped green onion

Saute onion in butter, sear steak on both sides in butter and onion and green pepper. Cover and let simmer for ½ hr. When almost tender add mushrooms and flour stirred into cream. Cover and simmer 20 min.

Suzee White

HOBO SUPPER

Ground beef - seasoned with salt & pepper
Irish potatoes - cut as for French Fries
Carrots - peeled and split lengthwise
Onions - sliced ¼" thick
Celery - cut in 3" lengths

Sauce:

½ c. vinegar	2 tbsp. butter
¼ c. tomato ketchup	1 tsp. mustard
2 tbsp. Worcestershire sauce	Juice of 1 lemon
	Salt and pepper

(continued)

12 - Choteau, Mont.

Take a square of aluminum foil, place in center of a large hamburger of ground beef. On this place a slice of onion, then 4 to 6 strips of potato and 4 to 6 pieces of carrot, and 2 pieces of celery. Pull the foil up to form a cup, and over each dip a tbsp. of sauce, then twist the foil edges tightly. Place in a baking dish and bake in 325 degree F. oven for 45 min. Serve with tossed salad and hot rolls.

Sheilah Crawford

MEAT AND NOODLE CASSEROLE

1-12 oz. pkg. noodles	¼ lb. pork sausage
¾ lb. ground beef	1 large onion, chopped
2 c. diced celery	1 chopped green pepper
Salt and pepper	2 regular cans tomato soup
Dash Worcestershire sauce	½ c. grated American cheese

Cook noodles in boiling - salted water. Drain and rinse. Brown meat in skillet. Add chopped vegetables and cook until tender. Drain off excess fat. Add soup and Worcestershire sauce to meat mixture. Add cheese. Place noodles in casserole dish. Pour meat mixture over and mix lightly. Bake at 325 degrees for 40 min. Serves 10.

Barbara Boyle

LUAU RIBS

2 jars baby food, peaches	1/3 c. ketchup
1/3 c. vinegar	2 tbsp. soy sauce
½ c. brown sugar	2 cloves garlic, chopped
2 tsp. ginger	1 tsp. salt
Dash pepper	

(continued)

13 - Choteau, Mont.

Place ribs in shallow pan. Bake at 450 degrees for 15 min. Spoon off fat. Pour above sauce over and bake at 350 degrees for 1½ hrs. Baste with sauce.

Jo Ann Reynolds

STEAK BAKE

1½ lbs. cube or sirloin cut in narrow strips
1/3 c. flour
1 tsp. salt
¼ tsp. pepper
1 onion, sliced
1 - 1 lb. can tomatoes
1-4 oz. can mushrooms (drained, stem and pieces)
3 tbsp. molasses
3 tbsp. soy sauce
1 pkg. frozen French beans or
1 - 1 lb. can canned beans

Place meat in 2½ qt. casserole. Sprinkle with flour, salt and pepper. Toss to coat meat. Bake uncovered at 400 degrees for 20 min. Add onions, green pepper, tomatoes, mushrooms, molasses and soy sauce, mix well. Cover and bake at 400 degrees for 30 min. Stir in beans and put on top. Bake at 400 degrees for 15 to 18 min.

Anita Delluo

SPAM LOAF

1 can spam (chopped) or same amount of ham
3 eggs, beaten
1 can chicken noodle soup
1 c. quick oatmeal
1-1/3 c. canned milk

(continued)

Mix together and put in loaf pan. Bake 1 hr. at 325 degrees. Use 1 can of cream of mushroom soup and ½ c. milk, heated for sauce.

Louise Samann

TOMATO POTATO CASSEROLE

7 slices bacon	1/8 tsp. pepper
4 c. diced raw potatoes	¼ tsp. oregano
3 c. canned tomatoes	3 small onions, sliced thin
1 tsp. salt	

Preheat oven to 350 degrees. Fry 3 slices bacon until partially cooked but not crisp. Cut remaining 4 slices uncooked bacon into small pieces. In casserole layer - half of potatoes, half of tomatoes and half of bacon pieces, half of seasonings and half of onions. Make second layer of the rest of the ingredients. Top with 3 slices of partially cooked bacon slices. Bake at 350 degrees for 1½ hrs. or until potatoes are tender.

June Russell

HUNGARIAN GOULASH

4 c. cooked macaroni	1 large dry onion
2 lbs. hamburger	1 large can tomatoes
1 large green pepper	

Fry together 2 lbs. hamburger, green pepper and onion and when done add cooked macaroni and tomatoes, salt and pepper to taste and simmer for about 20 min., stirring often. This recipe can be stretched or altered by adding more macaroni, mushrooms or canned soups.

Doris Whipple

HIS LAKE TROUT

2 to 3 lb. dressed trout	3 tbsp. butter or margarine
6 slices bacon	2 tbsp. flour
1 thinly sliced onion	½ c. fine cracker crumbs
1 crumbled bay leaf	

Heat oven to 375 degrees. Sprinkle trout well with salt and pepper. Spread 3 bacon slices along center of shallow pan, cover with onion, sprinkle with bay leaf, place trout on top. Blend butter with flour, spread on fish. Sprinkle with crumbs. Place 3 more bacon slices on fish. Bake, uncovered, 35 to 45 min. or until golden and easily flaked with fork but still moist. Makes 4 to 6 servings.

Mrs. Ed Alzheimer

CABBAGE ROLLS

1 c. rice	1 cabbage head
1 lb. hamburger	Pinch of salt
1 can tomato sauce	1 tbsp. butter

Preheat oven to 350 degrees. Boil rice in salt water. Leaving the water on the rice, mix the raw hamburger with the rice, also the butter - cool. Take cabbage leaves, soak in boiling water until soft, and wrap the rice and hamburger in the cabbage leaves. Cut onion in a roasting pan. Lay the cabbage rolls on the onion. Pour a cup of water and the tomato sauce over the rolls and bake for 1 hr.

Esther Anderson

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CHOY HAMBURGER CASSEROLE

1½ lb. hamburger,
browned with
large onion
2 c. noodles, cooked
5 min., drained
1 c. celery, wilted
a little

2 cans veg-all (drained)
1 can tomato soup
¼ c. soy sauce

Mix and bake 1 hr. in moderate oven.

Helen Larson

MINCED MEAT BALLS

2 beaten eggs
1 - 2¼ oz. can
deviled ham
Dash pepper
1-22 oz. can mince pie
filling
1 tbsp. vinegar

1/3 c. fine dry bread
crumbs
½ tsp. salt
1 lb. lean ground
meat
1/3 c. apple juice
or cider

Combine eggs, bread crumbs, deviled ham, salt and pepper, add ground beef and mix well. Shape mixture into 6 doz. tiny meatballs. Place in shallow baking dish. Bake in 375 degree oven for 12 to 14 min. or till done. Cool, remove from pan. Cover and chill. When ready to serve, combine pie filling, apple juice and vinegar, heat till bubbly. Add meatballs and heat through. Serve in chafing dish with picks. Keep warm, adding additional apple juice if mixture becomes too thick. Makes 6 doz. appetizers.

Chris Hinman

SHRIMP FILLED SOLE ROLLS

- 18 large sole fillets,
Salt, pepper, paprika to taste
- 2 med. onions, finely chopped
- 2 c. small cooked shrimp
- 3 - 4 oz. cans diced mushrooms, drained
- 4 tbsp. butter
- 3 - 10½ oz. cans cream of mushroom soup
- 1½ c. dry white table wine
- 1½ c. shredded sharp cheddar cheese

Sprinkle fish fillets with seasonings and chopped onion. Chop shrimp and mushrooms and saute lightly in butter. Spread mixture over each fillet, roll up, and fasten with tooth picks. Place in large shallow baking dish (a cookie sheet is fine). Mix soup and wine together and pour over fillets. Sprinkle with cheese. Bake at 400 degrees for 20 min. Makes 18 servings.

June Jordan

SHOW-OFF CASSEROLE

- ½ c. Miracle Whip salad dressing
- 1 - 10½ oz. can condensed cream of celery soup
- ¼ c. milk
- 2 c. cubed cooked ham
- 1-3 oz. can mushrooms, drained
- 2 tbsp. diced green peppers
- 2 tbsp. chopped pimento
- 1 tbsp. finely chopped onion

Heat slowly, stirring often. Serve with hot parsley and rice.

Lois C rabtree

18 - Choteau, Mont.

BARBECUED RIBS

- | | |
|------------------------------|-----------------------|
| 1½ lb. beef short ribs | 1 med. onion, chopped |
| 1 c. ketchup | 1 tbsp. brown sugar |
| 1 tsp. lemon juice | 1 tsp. mustard |
| 2 tbsp. Worcestershire sauce | |

Salt and pepper meat to taste. Place all ingredients in casserole and add water to cover. Bake at 350 degrees for 4 hrs.

Janette Gollehon

CHOW MEIN

- | | |
|--------------------|-----------------------|
| ¼ c. margarine | 4 tbsp. soy sauce |
| 2 lb. pork steak | 3 c. celery (diced) |
| 3 c. onion (diced) | 3 tbsp. soy sauce mix |
| 1 c. water with | together with |
| 3 tbsp. chicken | 3 tbsp. cornstarch |
| bouillon | 2 tbsp. brown sugar |
| 1/8 c. molasses | 2 cans bean sprouts |
| 1 tsp. salt | |
| 1/8 tsp. pepper | |

Saute margarine, pork steak and onion. Add water, bouillon, molasses, salt, pepper and soy sauce. Simmer ½ hr. Fifteen min. before serving add celery, soy sauce and cornstarch mixture, brown sugar and bean sprouts. Serve with rice and chow mein noodles.

Lucile Lussenden

19 - Choteau, Mont.

SPAGHETTI SAUCE

1 lb. hamburger	$\frac{1}{2}$ tsp. tabasco sauce
1 med. onion	$\frac{1}{2}$ tsp. chili powder
1 can whole tomatoes	$1\frac{1}{2}$ - 2 tsp. garlic salt
1 can mushroom soup	1 tsp. sweet basil leaves
1 can tomato paste	1 can sliced mushrooms
	Water

Dice onion and cook till tender with hamburger that has been browned well. Add tomatoes, tomato paste, water and mushroom soup. Add seasonings and simmer for at least 2 hrs. Add water to keep desired consistency. Just before serving add sliced mushrooms.

Mary Lou Bosshardt

JOHN M-SATTI MEAT DISH

1 lb. pork steak	$\frac{1}{2}$ lb. yellow cheese
1 lb. round steak	$\frac{1}{2}$ can water
2 large onions	1 tsp. chili powder
1 can tomato soup	1-8 oz. pkg. noodles

Grind pork, beef and onions. Brown lightly in skillet and add chili powder. Add cheese (cut up or grated). Boil noodles in salted water and drain. Mix noodles with meat, soup and water. Pour into baking dish and bake at 350 degrees for 30 min. This dish may be made in the morning and baked just before dinner.

Sharon Blixrud

VENISON ROAST (smothered in vegetable dressing)

5-6 lb. roast	Clove of garlic
Little flour	Salt and pepper
6 carrots	2 onions
6-10 sticks of celery	Several bay leaves

Rub meat well with a garlic clove. Dust it lightly with flour and brown on all sides in a deep roaster. Season well with salt and pepper. Allow roast to bake in a 350 degree oven for an hr. then turn heat down to 325 degrees and cover with the following -

Grind up carrots, onions and celery. Add several crumbled bay leaves. Use more vegetables, depending upon size of the roast. Put the vegetables on top of the roast. Bake for several hrs. longer. The vegetables will create a flavorsome juice that will keep the roast moist. Bake at 300-325 degrees. When roast is done, thicken sauce for gravy. Quite different and tasty.

Ruth Vail

CRUNCHY ORIENTAL CHICKEN

1 - 1 lb. 4 $\frac{1}{2}$ oz. can pineapple chunks	
$\frac{1}{4}$ c. butter or margarine	
$\frac{1}{4}$ c. chopped peppers	
$\frac{1}{4}$ c. chopped onions	
$\frac{1}{4}$ c. sliced celery	
$\frac{1}{4}$ c. brown sugar, packed	
2 $\frac{1}{2}$ tbsp. cornstarch	
$\frac{1}{2}$ tsp. salt	
2 tbsp. soy sauce	
$\frac{1}{4}$ tsp. Worcestershire sauce	
	1 - 2 $\frac{1}{2}$ to 3 lb. fryer or broiler, cut up
	$\frac{1}{2}$ c. crushed potato chips

(continued)

Drain pineapple, reserving syrup. Add enough water to make 2 c. - set aside. Melt butter, add peppers, onion, and celery and saute 2 to 3 min. Stir in sugar, cornstarch and salt. Remove from heat. Stir in soy and Worcestershire sauces and reserved liquid. Cook and stir over med. heat until thickened. Remove from heat and stir in pineapple. Place chicken skin side up in 13x9x2 pan, then pour sauce over chicken. Bake at 375 degrees for 1 hr. or until tender. Remove chicken to platter. Serve sauce over hot cooked rice and top with potato chips.

Hazel J. Quast

CURRY CHICKEN

- 3 whole boned chicken breasts or
- 2 pkg. frozen chicken breasts
- 1 thinly sliced carrot
- 1 small chopped onion
- 1 tsp. salt
- 2 pkg. frozen broccoli - cooked

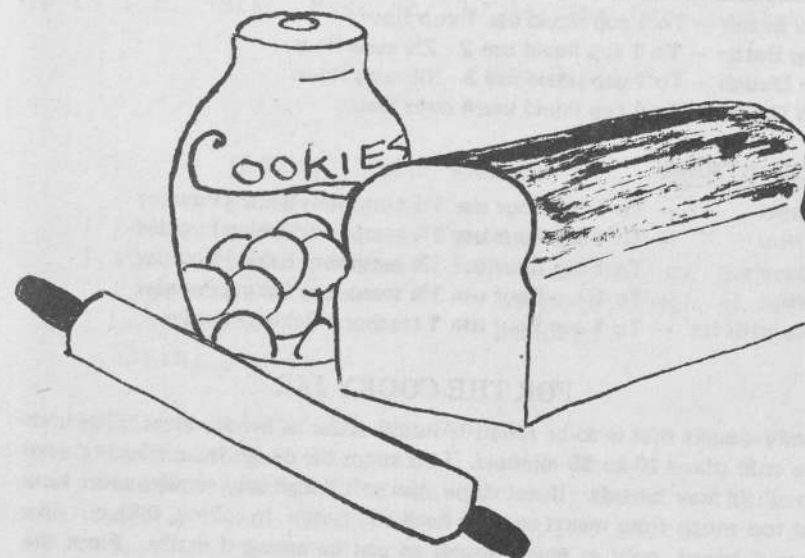
Sauce:

- 1 - 10½ oz. can cream of chicken soup
- 2/3 c. mayonnaise
- ½ c. cheddar cheese
- ½ c. evaporated milk
- 1 tsp. curry powder
- 1 tsp. lemon juice

At least 2 hrs. before, place chicken, carrot, onion, and salt in boiling water. Let cook 45 min. Cut chicken into desired pieces. Grease 2 qt. casserole. Layer chicken over broccoli. Combine the sauce ingredients and layer over the chicken. Bake 30 min. at 350 degrees. Serves 4.

Charlotte Koch

22 - Choteau, Mont.



OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate Hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very Hot	450 degrees - 475 degrees F.

BREADS	Minutes	Temperature
Loaf	50 - 60	350 - 400
Rolls	20 - 30	400 - 450
Biscuits	12 - 15	400 - 450
Muffins	20 - 25	400 - 450
Popovers	30 - 40	425 - 450
Corn Bread	25 - 30	400 - 425
Nut Bread	50 - 75	350
Gingerbread	40 - 50	350 - 370

COOKIES

Drop	10 - 15	350 - 400
Rolled	8 - 12	375 - 400
Ice Box	8 - 12	375 - 400
Molasses	10 - 15	350

PROPORTIONS FOR BATTERS AND DOUGHS

Pour Batter — To 1 cup liquid use 1 cup flour.
 Drop Batter — To 1 cup liquid use 2 - 2½ cups flour.
 Soft Dough — To 1 cup liquid use 3 - 3½ cups flour.
 Stiff Dough — To 1 cup liquid use 4 cups flour.

PROPORTIONS

Biscuits — To 1 cup flour use 1¼ teaspoons Baking Powder
 Muffins — To 1 cup flour use 1½ teaspoons Baking Powder
 Popovers — To 1 cup flour use 1¼ teaspoons Baking Powder
 Waffles — To 1 cup flour use 1¼ teaspoons Baking Powder
 Cake with fat — To 1 cup flour use 1 teaspoon Baking Powder

FOR THE COOKY JAR

Cooky dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

BREADS, ROLLS & COOKIES

BANANA NUT BREAD

Sift together:

2½ c. flour	1 tsp. salt
1-2/3 c. sugar	1¼ tsp. soda
1½ tsp. baking powder	

Add and beat well for 2 min. -

2/3 c. shortening	1¼ c. mashed bananas
1/3 c. buttermilk	about 3

Add and beat 2 min. more -

1/3 c. buttermilk and 2 eggs.

Fold in 1 c. nuts. Bake at 350 degrees for 30-35 min.

Mae Ripley

COSTUE (SQUAW BREAD)

1 pt. sour milk	½ tsp. salt
1 tbsp. lard	3-4 c. flour, or enough
¼ tsp. soda	to make dough easily
3 heaping tsp. baking powder	handled

Knead smooth, roll to ¼" thickness. Divide in portions equal to a med. size biscuit. Cut 3 or 4 slits in each and cook in deep fat, as for doughnuts. This should make a piece about the size of a saucer.

Sheilah Crawford

23 - Choteau, Mont.

CRANBERRY BREAD

1 c. sugar	3 c. sifted all-purpose flour
$\frac{1}{2}$ c. soft shortening	$1\frac{1}{2}$ tsp. baking powder
3 eggs	$\frac{3}{4}$ tsp. soda
1 c. plus 2 tbsp. orange juice	$\frac{3}{4}$ tsp. salt
$1\frac{1}{2}$ c. coarsely cut cranberries	$\frac{3}{4}$ c. chopped walnuts

Combine sugar, shortening and eggs. Stir in orange juice and cranberries. Sift together flour, baking powder, soda and salt. Blend into cranberry mixture. Stir in nuts. Spoon batter into 5 greased 1 lb. cans. Bake at 350 degrees for 45-50 min.

Jeanette Rasmussen

SWEDISH RYE BREAD

2 c. rye flour	$\frac{1}{2}$ c. molasses
2 c. warm water	2 tsp. salt
1 tbsp. brown sugar	2 tbsp. shortening
1 yeast cake	1 c. whole wheat flour (white may be used)
1 c. milk	White flour

Mix rye flour, water, sugar and yeast and let rise until nice and light. Scald milk and add molasses, salt, shortening and whole wheat flour. Add this mixture to the rye mixture and add enough white flour to make a firm dough. Knead until smooth and elastic. Divide into 3 parts and form into loaves. Let rise and bake in moderate oven at 350 degrees for $\frac{3}{4}$ to 1 hr.

Gwen Larson

24 - Choteau, Mont.

BANANA BREAD

1 c. sugar	2 c. flour
$\frac{1}{2}$ c. Oleo	1 tsp. salt
2 eggs	1 tsp. soda
3 ripe bananas	1 tsp. vanilla
3 tbsp. sour milk	$\frac{1}{2}$ c. chopped nuts

Cream sugar and shortening, add eggs, one at a time and beat. Add milk and blend. Sift dry ingredients. Add to first mixture and gradually fold in bananas, vanilla, and nuts. Pour into greased loaf pan. Bake at 325 degrees for 1 hr. 10 min.

Evangeline Scott

BUTTERHORN ROLLS

1 cake yeast	3 eggs
1 heaping tbsp. sugar	$\frac{1}{2}$ c. sugar
1 c. milk	1 tsp. salt
$\frac{1}{2}$ c. butter	4 c. flour

Mix yeast and 1 heaping tbsp. sugar until it forms a liquid. Scald milk, add the $\frac{1}{2}$ c. butter to melt and cool till lukewarm. Beat the eggs until light. Add $\frac{1}{2}$ c. sugar, salt, mix well and add to the milk and add yeast mix. Add 4 c. flour and mix well. Refrigerate at least 8 hrs. Divide dough in three equal parts. Roll each part in a circle. Spread with butter and split in 12 equal wedges. Roll each into a crescent. Let rise $3\frac{1}{2}$ hrs. Bake 12 to 17 min. in moderate oven.

Ellen Rogers

25 - Choteau, Mont.

SOUR DOUGH BRAN MUFFINS

4 c. All Bran	5 tsp. soda
2 c. Bud bran	1 tsp. salt
1 c. shortening	5 c. flour
2½ c. sugar	1 qt. buttermilk
4 eggs	

Pour 2 c. boiling water over Bran and cool. Mix in order the following ingredients and add to cooled bran. Keep covered in refrigerator and use as needed. Raisins, nuts, etc., may be added before baking if desired. Bake 25 min. at 400 degrees.

Susan Clark

CHOCOLATE CINNAMON BUNS

¾ c. warm water	½ c. cocoa
1 pkg. dry yeast	2¼ c. flour
¼ c. shortening	1 tbsp. butter
¼ c. sugar	1½ tsp. cinnamon
1 tsp. salt	3 tbsp. sugar
1 egg	

Use standard procedure for making rolls. Roll out and sprinkle with sugar and cinnamon mix.

Jessie White

REFRIGERATOR BRAN MUFFINS

5 c. sifted flour	2 c. sugar
5 tsp. baking powder	1 c. shortening
2 tsp. salt	4 eggs, well beaten
2 c. boiling water	1 qt. buttermilk
2 c. All-Bran	4 c. Bran Buds

(continued)

26 - Choteau, Mont.

Sift together first 3 ingredients. Pour boiling water over All Bran, set aside. Cream together sugar and shortening in 6 qt. bowl till light and fluffy. Add eggs, beat well. Blend in buttermilk, bran buds and soaked All Bran. Add sifted dry ingredients, mix well. Can be stored in refrigerator up to 6 weeks. When needed, fill greased muffin tins 2/3 full and bake at 400 degrees for 20 min. or till brown.

Mabel Johns

BUD'S COOKIES

1 c. brown sugar	½ c. white sugar
½ c. Oleo	2 eggs
1 c. canned milk	1 tsp. vanilla
½ tsp. soda	2-¾ c. flour
½ c. nuts (opt.)	1 c. dates

Cream sugars and Oleo. Add eggs and then rest of ingredients. Mix all together and drop by spoonfuls. Bake 6-8 min. at 375 degrees.

Vi Olson

EASY SUGAR COOKIES

1½ c. powdered sugar	1 tsp. soda
1 c. margarine	1 tsp. cream of tartar
1 egg	2½ c. flour
1 tsp. vanilla	
½ tsp. almond flavoring	

Cream butter and sugar. Add egg and flavoring. Stir in dry ingredients. Refrigerate 2-3 hrs. Roll out and cut with cutter or roll into 1" balls and flatten with drinking glass, which has been dipped in sugar. Bake 7 min. at 375 degrees.

Miriam Johnson

27 - Choteau, Mont.

MARSHMALLOW NO BAKE COOKIES

- | | |
|-------------------|-----------------------------|
| 3 eggs | 3 doz. (single) graham |
| 3 c. powdered | crackers |
| sugar | 1 pkg. colored marshmallows |
| 1 pkg. chocolate | Shredded coconut |
| chips | |
| 6 tbsp. butter | |
| 1 c. chopped nuts | |

Beat eggs with sugar, roll graham crackers fine, melt chocolate chips with butter and vanilla. Mix all ingredients together and shape into 3 or 4 long rolls - roll in coconut - wrap in wax paper - store in refrigerator and slice as needed.

Lila Mitchell

DUTCH COOKIES

- | | |
|---------------------------------|----------------------------------|
| 1 pt. molasses | $\frac{1}{2}$ tsp. salt |
| 1 c. sour cream | $\frac{1}{2}$ pkg. candied fruit |
| 1 c. shortening | 2 tsp. soda |
| 2 c. brown sugar | 2 eggs |
| $1\frac{1}{2}$ c. nut meats | 1 tsp. anise, or more |
| 1 tsp. cinnamon | according to taste |
| 1 tsp. nutmeg | Flour |
| 2 c. raisins | |
| $\frac{1}{2}$ lb. chopped dates | |
| $\frac{1}{2}$ tsp. cloves | |

Stir together all ingredients and add enough flour to make a stiff dough. These cookies can either be rolled out and cut into desired shapes or dropped from a tsp. Bake at 350 degrees until done, but do not overbake.

Valeria Ferris

28 - Choteau, Mont.



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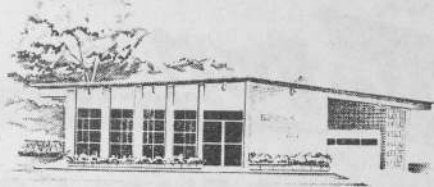
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HALF-TIME SPOON ROLLS

1 pkg. yeast
 $\frac{1}{4}$ c. warm water
 $\frac{1}{4}$ c. sugar
 $\frac{1}{3}$ c. shortening
1 tsp. salt

$\frac{3}{4}$ c. scalded milk
(cool with $\frac{1}{2}$ c.
cold water)
1 egg
 $3\frac{1}{2}$ c. sifted flour

Mix 1 pkg. yeast with $\frac{1}{4}$ c. warm water. Add to the sugar, shortening, salt, milk, egg and flour mixture. Let rise until double. Stir down and spoon into greased muffin tin. Let rise to edge of muffin cup and rounded in center. Bake at 400 degrees 15 to 20 min.

Janette Gollehon

GOLDEN CARROT COOKIES

1 c. shortening (part butter or margarine)
 $\frac{3}{4}$ c. sugar
2 eggs
1 c. mashed cooked carrots
2 c. flour
2 tsp. baking powder

$\frac{1}{2}$ tsp. salt
 $\frac{3}{4}$ c. shredded
coconut

Orange butter icing:

$2\frac{1}{2}$ tbsp. soft
margarine
 $1\frac{1}{2}$ c. sifted powdered
sugar

$1\frac{1}{2}$ tbsp. orange juice
2 tsp. grated orange
rind

Heat oven to 400 degrees. Mix shortening, sugar, eggs and carrots. Blend flour, baking powder and salt together and then blend into shortening mixture. Mix in

(continued)

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coconut. Drop dough by tsp. about 2" apart on greased cookie sheet. Bake 8 - 10 min. Frost when cooled.

Orange butter icing: Blend butter and sugar. Stir in juice and rind until smooth.

Mrs. Russell Larson

PEANUT BLOSSOMS

1/3 c. peanut butter	1 tsp. vanilla
1/2 c. sugar	1/2 tsp. salt
1/2 c. butter	1 tsp. soda
1/2 c. brown sugar	1-3/4 c. flour
1 egg	2 pkg. chocolate kisses

Cream first 4 ingredients. Add egg and vanilla. Sift flour, soda and salt. Combine with other mixture. Shape into balls and dip in white sugar. Bake at 375 degrees for 8 min. Press in candy kisses. Return to bake 2-5 min. Makes 3 doz.

Linda Ramaker

ORANGE COOKIES

1 c. shortening	Dash of salt
1/2 c. brown sugar	Juice & rind of 1 orange
1/2 c. white sugar	2-3/4 c. flour
1 egg	1/2 c. chopped nuts, if desired
1/4 tsp. soda	

Cream shortening and sugars together. Add egg and beat well. Stir in soda, salt, juice and rind of orange and mix well. Stir in flour and nuts. Divide dough in 2 parts and form into 2" diameter rolls. Wrap in

(continued)

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waxed paper and put in freezer until firm. Slice and bake in 350 degree oven 10-15 min. until done.

Hazel Sorenson

SOFT GINGER COOKIES

1 c. sugar	1 tsp. cinnamon
1/3 c. shortening	1 tsp. ginger
1 egg	1 tsp. salt
1/2 c. molasses	3 1/4 c. flour
2 tsp. soda in	
4 tbsp. hot water	

Cream sugar and shortening. Add egg and molasses. Mix well. Sift dry ingredients together and add alternately with soda and hot water. Spread on greased cookie sheet (10x15). Bake 15-20 min. at 350 degrees. Frost while warm with powdered sugar icing. Cut in bars.

Jackie Weist

GINGERSNAPS

1 c. flour	3/4 c. shortening
1 tbsp. ginger	1 c. sugar
2 tsp. soda	1 egg
1 tsp. cinnamon	1/4 c. molasses
1/2 tsp. salt	

Cream shortening - add sugar - beat in eggs and molasses. Sift in dry ingredients. Blend well. Form into small balls - roll in sugar. Bake on ungreased cookie sheet at 350 degrees for 10 min.

Myrtle Salmond

31 - Choteau, Mont.

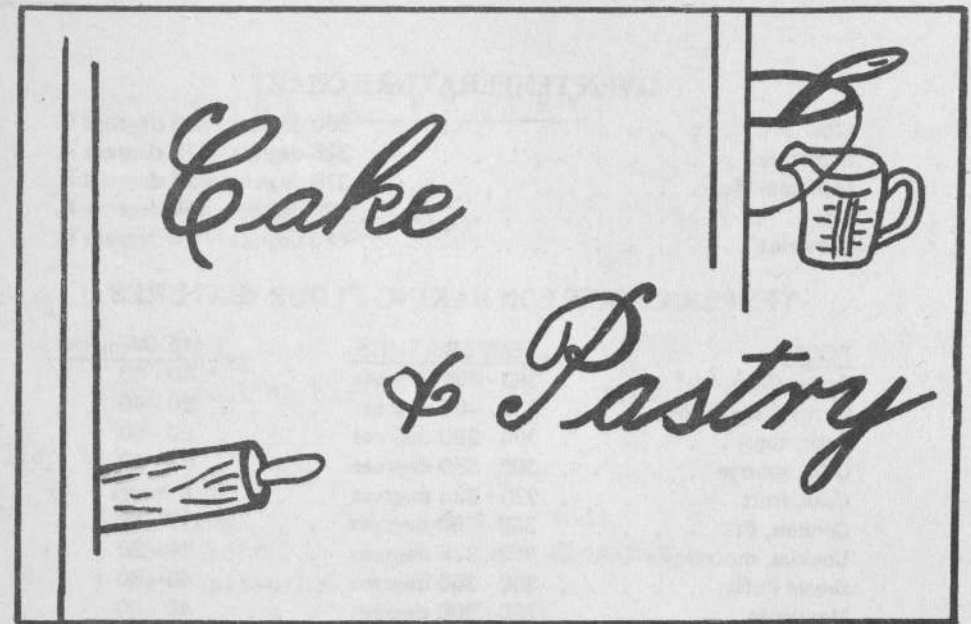
OATMEAL DROP COOKIES

1 c. raisins, boiled	1 tsp. soda
1 c. sugar	1 tsp. cinnamon
$\frac{1}{2}$ c. butter	1 tsp. nutmeg
$\frac{1}{2}$ c. shortening	2 c. quick oatmeal
2 eggs, well beaten	2 c. flour
5 tbsp. water, raisins boiled in	Chopped nuts

Mix in order given, adding drained raisins last with nuts. Bake at 400 degrees 8-10 min. A very moist keeping cookie.

Francis Salmond

- EXTRA RECIPE -



OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate Hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very Hot	450 degrees - 475 degrees F.

TEMPERATURES FOR BAKING FLOUR MIXTURES

FOOD	TEMPERATURE	TIME (Minutes)
Butter Cake, loaf	360 - 400 degrees	40 - 60
Butter Cake, layer	380 - 400 degrees	20 - 40
Cake, angel	300 - 360 degrees	50 - 60
Cake, sponge	300 - 350 degrees	40 - 60
Cake, fruit	275 - 325 degrees	3 - 4 hours
Cookies, thin	380 - 390 degrees	10 - 12
Cookies, molasses	350 - 375 degrees	18 - 20
Cream Puffs	300 - 350 degrees	45 - 60
Meringues	250 - 300 degrees	40 - 60
Pie Crust	400 - 500 degrees	20 - 40

CAKES

Angel	325 degrees	60
Sponge	325 degrees	60
Cup	350 degrees	25
Layer	375 degrees	25 - 30
Loaf	350 degrees	45 - 60
Sheet	375 degrees	20 - 30
Pound	325 degrees	60 - 90

PIES

Pumpkin	400 degrees	35 - 45
Two-crust	400 degrees	25 - 40
Shells	450 degrees	10 - 12
Meringue	300 degrees	10 - 15

RULES FOR USE OF LEAVENING AGENTS

1. To 1 tsp. soda use 2¼ tsp. cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 tsp. baking powder to leaven 1 cup flour. Reduce this amount ½ tsp. for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of soda and add the acid according to rule 1 above.

CAKE & PASTRY

PEAR CAKE

Step 1:

2 c. sugar 3 eggs
1½ c. cooking oil 1 tsp. vanilla

Step 11:

3 c. flour 1 tsp. soda
1 tsp. salt 1 tsp. cinnamon
1 tsp. allspice

Step 111:

3 c. chopped pears 1 c. nuts.

Mix step by step. Bake at 350 degrees 1 hr.
25 min. in Angel Food Pan.

Mabel Van Balcum

COOKIE SHEET CAKE

2 c. flour (sift 2 c. sugar
and resift) 1 c. water
2 sticks Oleo 2 eggs, well beaten
3 tbspc. cocoa ½ c. buttermilk
1 tsp. soda

Heat Oleo, water and cocoa in saucepan. Bring to
boil and pour over flour and sugar. Mix eggs, soda
and buttermilk in bowl and add to above. Bake in
standard size cookie sheet for 20 min. at 350 degrees.

(continued)

Frosting:

1 stick Oleo
3 tbsp. cocoa
6 tbsp. milk - heat over low flame
but do not boil
3½ c. powdered sugar
½ c. pecans (chopped)
1 tsp. vanilla - add to above mixture

Frost cake as soon as removed from oven.

Mary Ferriter

POTATO CHOCOLATE NUT CAKE

2/3 c. shortening,
part butter
2 c. sugar
4 eggs
1 c. hot mashed
potatoes
2 sq. chocolate
(melted)
2 c. flour
3½ tsp. baking powder
1 tsp. cinnamon
½ tsp. cloves
½ tsp. nutmeg
1 c. chopped nuts
½ c. milk

Cream butter and shortening. Add sugar and egg yolks. Cream well. Add hot mashed potatoes and melted chocolate. Mix well. Sift dry ingredients together and add alternately with milk to egg and potato mixture. Add nuts. Fold in egg whites. Bake in 3 greased round 9" pans, or 13x9" pans. Bake at 375 degrees for 35-40 min.

Nancy Gunderson

SPICED CARROT CAKE

2 c. flour
2 tsp. cinnamon
2 tsp. baking powder
1 tsp. salt
2 c. sugar
1 c. salad oil
4 eggs
2 c. finely shredded
raw carrots
2 c. chopped pecans,
divided
1-8 oz. pkg. cream cheese,
softened
(continued)

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1 - 1 lb. pkg. confectioners sugar
1½ tsp. vanilla

Sift together flour, cinnamon, baking powder and salt. In large bowl, beat sugar and salad oil for 2 min. Beat in eggs, one at a time, beating thoroughly after each addition. Add flour mixture, beating just until blended. Mix in carrots and 1 c. pecans. Pour batter into 2 greased 9" layer cake pans. Bake in preheated 350 degree oven for 35-40 min. Let cakes cool in pans on racks for 10 min. Remove from pans to racks, let cool thoroughly.

Frosting: Beat cream cheese until light. Stir in confectioners sugar and vanilla. Use to frost inside and outside of cake. Sprinkle sides of cake with remaining 1 c. chopped pecans. Garnish top with pecan halves, if desired.

Mrs. Allen Schallenberger

RHUBARB CAKE

½ c. shortening
1½ c. white sugar
½ tsp. salt
1 egg
1 tsp. soda in
1 c. sour milk or
buttermilk
2 c. + 1 tbsp. all purpose
flour
3 c. rhubarb, cut fine
¼ c. colored candy sprinkles
or
2 tbsp. red sugar

Cream shortening and sugar. Add salt and beat in egg. Add soda and milk mixture alternately with the flour, beginning and ending with flour. Stir in candy sprinkles and rhubarb and pour in greased and floured 9x13" metal cake pan. Mix topping and sprinkle over batter. Bake 45 min. in preheated 350 degree oven.

(continued)

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Topping:

1/3 c. white sugar	1 tsp. cinnamon
1/3 c. chopped nuts	

Shake together.

Claryce Oberosler

SUNFLOWER COFFEE CAKE

2 pkg. dry yeast	2 unbeaten eggs
1/4 c. water	2 tsp. salt
1/2 c. scalded milk	1/2 tsp. lemon extract
1/2 c. sugar	5 - 5 1/2 c. flour
1/2 c. water	2 c. cooked dates or can
1/3 c. liquid shortening	of pie cherries

Soften yeast in 1/4 c. water. Combine milk, sugar, water, shortening, eggs, salt and lemon extract in bowl. Add flour, a cup at a time until of kneading consistency. Knead 3-5 min. Place in greased bowl. Raise once, roll out 1/2 dough to 1/2" and cut doughnuts. Place 16 doughnuts in circle and fill holes with fruit of your choice. Put doughnut holes in center of circle to fill in middle. Top with rest of fruit. Raise. Bake at 375 degrees for 15-20 min.

Arlene Anderson

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PIG 'N WHISTLE CAKE

4 eggs	1 tsp. vanilla
2 c. sugar	1 c. scalded milk
2 c. flour	1/2 tsp. salt
2 tsp. baking powder	

Frosting:

1/2 c. coconut	1 c. brown sugar
1 c. nut meats	1/4 c. butter
6 tbsp. cream	

Beat eggs and sugar together until light and fluffy. Sift flour, baking powder, and salt together. Add flour mixture and milk alternately to sugar mixture, beating until smooth. Add vanilla. Bake at 375 degrees for 15 min. Reduce heat to 350 degrees and bake another 15 min.

Frosting: Melt 1/4 c. butter. Add sugar and other ingredients. Mix and spread on top of cake the last 10 min. of baking.

Judy Gollehon

FRESH APPLE CAKE

4 c. fresh apples (diced)	2 tsp. vanilla
2 c. sugar	2 c. flour
1 c. oil	2 tsp. cinnamon
2 eggs, beaten	1 tsp. salt
1 c. nuts	2 tsp. soda

(continued)

Mix together fresh apples and sugar and let stand. Mix eggs, oil and vanilla. Sift together flour, spices, salt, and soda. Add to eggs. Blend thoroughly. Add apple-sugar mixture. Pour into 9x13" pan. Bake 1 hr. at 350 degrees.

Brown sugar topping: Mix together and pour over cake while still hot $\frac{1}{2}$ c. brown sugar, $\frac{1}{2}$ c. water and 3 tbsp. melted margarine.

Linda Ramakar

FRUIT CAKE (DARK)

$1\frac{1}{2}$ c. sugar	$\frac{2}{3}$ c. brandy
1 c. butter or margarine	1 tsp. soda
2 c. flour	1 tsp. cinnamon
6 eggs	1 tsp. cloves
1 lb. currants	1 tsp. nutmeg
$1\frac{1}{2}$ lb. seeded raisins	1 tsp. baking soda
$\frac{1}{2}$ lb. citron	$\frac{1}{2}$ lb. walnuts

Add one egg at a time to creamed sugar and butter. Beat. Add brandy and flour to which has been added spices and baking powder. Steam for 15 min. with pressure regulator open. Close regulator for 1 hr. at 10 lbs. of pressure. Add 2 qts. water to your pressure cooker. Let pressure reduce itself.

Darlene Ferris

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CHOTEAU BARBER SHOP

MILK CHOCOLATE BROWNIES

$\frac{1}{2}$ c. margarine	$\frac{1}{4}$ tsp. salt
2 c. sugar	4 eggs
$1\frac{1}{2}$ c. sifted flour	2 tsp. vanilla
$\frac{1}{2}$ c. cocoa	1 c. chopped walnuts

Creamy chocolate frosting:

$\frac{1}{4}$ c. water	2 - 1 oz. sq. unsweetened chocolate, melted
2 tbsp. margarine	2 c. confectioners sugar
$\frac{1}{2}$ tsp. vanilla	

Melt margarine, add sugar, cocoa, salt, eggs, vanilla, flour and nuts. Mix well. Bake in greased 13x9x2" pan for 20 min. at 350 degrees. Frost with creamy chocolate frosting.

Creamy Chocolate frosting: Heat water and margarine, add vanilla and chocolate. Add confectioners sugar. Beat until of spreading consistency.

Donna Alzheimer

PEANUT BUTTER FINGERS

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ c. sugar	1 c. flour
$\frac{1}{2}$ c. brown sugar (packed)	1 c. rolled oatmeal
1 egg	1-16 oz. pkg. chocolate chips
$\frac{1}{3}$ c. peanut butter	
$\frac{1}{2}$ tsp. soda	
$\frac{1}{4}$ tsp. salt	

Mix: $\frac{1}{2}$ c. powdered sugar 2 - 4 tbsp. evaporated milk
 $\frac{1}{4}$ c. peanut butter

(continued)

Cream butter and sugars. Blend in egg, peanut butter, soda, salt and vanilla. Stir in flour and oatmeal. Spread in greased 13x9 pan. Bake at 350 degrees for 20 to 25 min. As soon as removed from oven sprinkle with one 16 oz. pkg. chocolate chips. Spread evenly and drizzle with peanut butter mixture. Cool - cut into bars.

Candy Dunning

APPLE OATMEAL CHEWS

1 c. sifted flour	2/3 c. firmly packed
1/2 tsp. baking soda	brown sugar
1/2 tsp. salt	1/2 c. melted shortening
1 tsp. cinnamon	1 egg
1/8 tsp. allspice	1/4 tsp. vanilla
1/8 tsp. mace	2 c. very thinly sliced
1 tsp. grated orange	pared apples
rind	Confectioners sugar
1 1/2 c. uncooked oatmeal	

Sift flour, soda, salt and spices into a bowl. Add all remaining ingredients except apples and confectioners sugar and knead with hands to mix well. Pat half the dough firmly over the bottom of a greased 9x9x2" pan. Arrange apples evenly on top. Roll remaining dough between two sheets of waxed paper into a 9" square. Peel off top sheet and invert dough on apples. Press firmly into apples evening up ragged edges and piecing as needed so that apples are covered. Bake at 350 degrees for 30 min. until cookie top begins to pull from sides of pan. Cool upright in pan until warm to touch. Then press top cookie layer into apple layer. Dust top lightly with confectioners sugar. Cool, cut into squares.

Donna Fornfeist

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TOFFY NUT BAR

1/2 c. butter	1/2 c. brown sugar
---------------	--------------------

Stir in 1 c. sifted flour - press to flatten to cover bottom of 13x7 pan - bake at 350 degrees for 10 min.

Beat 2 eggs, stir in 1 c. brown sugar, 1 tsp. vanilla. Mix. Stir in 2 tbsp. flour, 1 tsp. baking powder, 1/2 tsp. salt. Then mix 1 c. coconut, 1 c. diced nuts. Spread over bottom layer and bake 25 min. longer.

Rosella Yeager

BROWNIES

2 c. shortening	2 c. sugar
2 1/2 sq. baking	3 c. flour
chocolate	3 well beaten
3/4 tsp. salt	eggs
2/3 c. chopped	
walnuts (opt)	

Melt shortening, sugar and chocolate together. Add flour, salt, eggs and walnuts. Bake in 11x16 bun pan at 350 degrees. When cool sift with powdered sugar.

Florence Lussenden

FRUIT PUNCH BARS

2 eggs	1 1/2 tsp. soda
1 1/2 c. sugar	1/2 tsp. salt
1 lb. 1 oz. can crushed	1 tsp. vanilla
pineapple	1-1/3 c. flaked
2 1/4 c. sifted flour	coconut
	1/2 c. nuts, chopped

(continued)

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Glaze:

3/4 c. sugar	1/2 tsp. vanilla
1/4 c. evaporated milk	1/2 c. margarine
	1/2 c. nuts, chopped

Grease and flour jelly roll pan. Beat eggs and sugar, in large mixer bowl at high speed of mixer until well blended. Spread in pan. Sprinkle with coconut and walnuts. Bake at 350 degrees for 20-25 min. Sprinkle with glaze when baked.

Glaze: Combine all ingredients in small sauce pan except walnuts. Bring to boil and boil 2 min., stirring constantly. Remove from heat. Stir in walnuts. Spread on top of bars.

Rayleen Blixrud

PINEAPPLE BARS

Crust:

2 tbsp. white sugar	1 c. butter or half
1 1/4 c. flour	margarine

Filling:

1 1/2 c. crushed pineapple (do not drain)
1 c. sugar
1 tbsp. lemon juice
3 egg yolks
2 tbsp. cornstarch

Topping:

3 egg whites	3/4 c. sugar
--------------	--------------

(continued)

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Mix together crust ingredients and put in 9x13 pan and bake 15 min. at 325 degrees. Mix together filling ingredients in sauce pan and boil until thick. Beat egg whites until stiff. Add sugar slowly and beat again. Put filling on baked crust and cover with meringue. Bake slowly until brown for 20 min. in 325 degree oven.

Alyce De Haan

SUPREME BROWNIES

2 sq. unsweetened chocolate	1/4 tsp. salt
1/2 c. margarine	1 tsp. vanilla
2 eggs	1 c. chopped walnuts
1 c. sugar	
1/2 c. flour	

Melt butter and chocolate, beat eggs and add sugar, then combine with chocolate and butter. Stir in remaining ingredients. Spread into a thin layer in well greased 9x9" pan. Bake 20-30 min. at 325 degrees. Recipe may be doubled and baked in a 10x15" brownie pan.

Miriam Johnson

UNBAKED BUTTERSCOTCH BARS

1/2 c. shortening	1 1/2 c. tiny marshmallows
1 c. plain peanut butter	(may add up to 3 c.)
1 c. butterscotch chips	1/2 c. chopped walnuts
	3/4 c. Angel Flake coconut

(continued)

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Melt shortening in double boiler pan. Add peanut butter and chips. Stir until melted. Cool slightly. Add marshmallows and nuts. Stir. Pour into buttered pan. Sprinkle coconut on top and refrigerate until firm.

Sue Depner

SOUR CREAM APPLE PIE

2 tbsp. flour	1 tsp. vanilla
1/8 tsp. salt	1/4 tsp. nutmeg
3/4 c. sugar	2 c. diced apples
1 egg, unbeaten	Pastry for 9" pie shell
1 c. dairy sour cream	

Sift together flour, salt and sugar, add egg, cream, vanilla and nutmeg. Beat to smooth, thin batter. Stir in apples. Pour into pastry-lined pie pan. Bake in hot oven (400 degrees) for 15 min., then in moderate oven (350 degrees) 30 min. Remove from oven, top with spicy topping.

Spicy topping: Mix well 1/3 c. sugar, 1/3 c. flour, 1 tsp. cinnamon and 1/4 c. butter or margarine. Sprinkle over pie. Return to hot oven (400 degrees) 10 min. to brown.

Pam Kelly

PUMPKIN CHIFFON PIE

1 baked pie shell or crushed cookie pie crust with chopped walnuts in crust - 8 or 9" size
1 c. canned pumpkin - chilled
2/3 c. milk
1 pkg. instant vanilla pudding
3/4 tsp. pumpkin pie spice
1 c. of made up Dream Whip

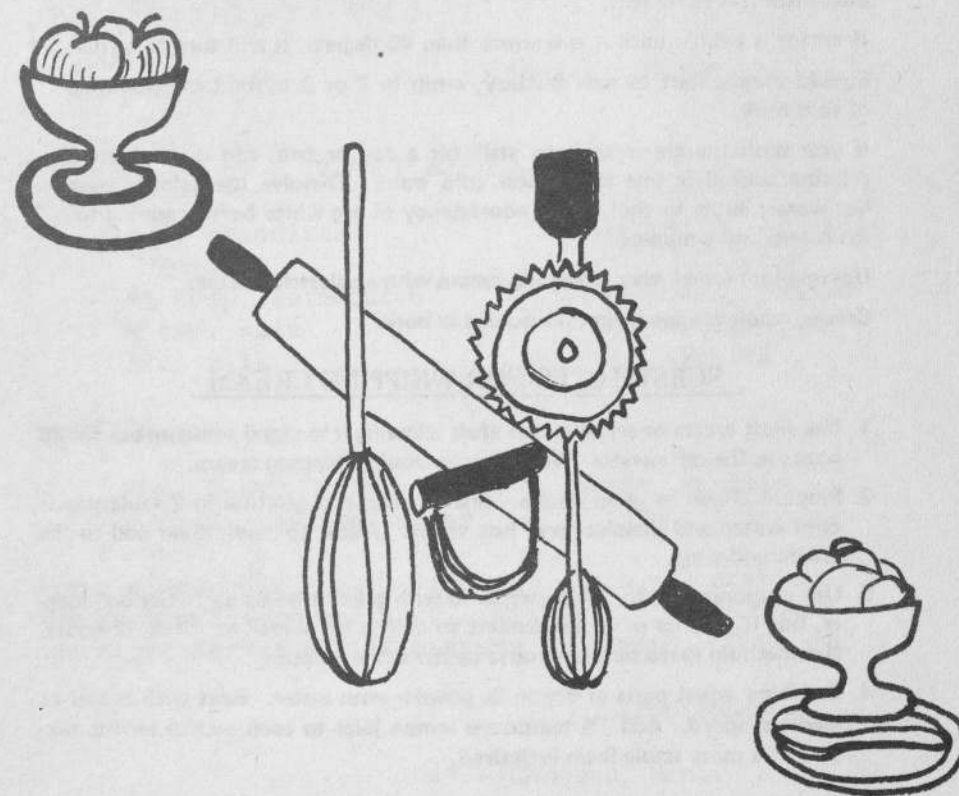
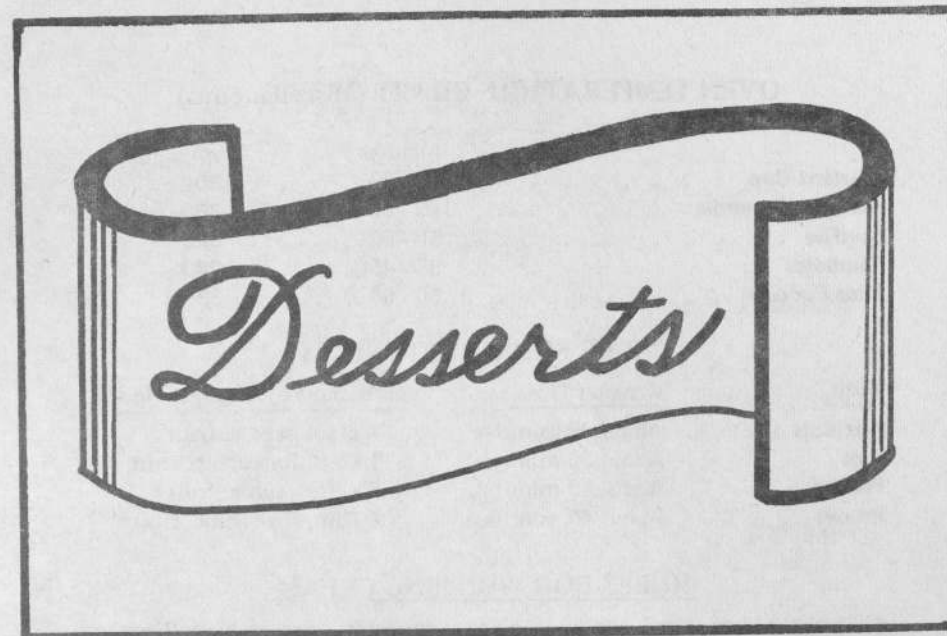
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Mix together pumpkin, milk, spice and instant pudding. Add Dream Whip and fold quickly into mixture. Pour into chilled pie crust. Refrigerate 3 hrs. or more. Top with remaining Dream Whip and decorate with chopped walnuts if desired. If this recipe is doubled, make up 3 envelopes of Dream Whip.

June Jordan

- EXTRA RECIPE -

- EXTRA RECIPES -



OVEN TEMPERATURE CHART (Miscellaneous)

	Minutes	Temperature
Custard Cup	20 - 30	300
Custard Casserole	45 - 60	300
Souffle	50 - 60	325
Timbales	35 - 45	300
Rice Pudding	50 - 60	325

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	¼ c. for each c. fruit
Figs	About 30 minutes	1 Tbsp. for each c. fruit
Peaches	About 45 minutes	¼ c. for each c. fruit
Prunes	About 45 minutes	2 Tbsp. for each c. fruit

RULES FOR WHIPPING CREAM

Chill the cream, bowl and beater in a refrigerator for at least 2 hours. Beat until it is fairly stiff.

If cream is beaten until it is warmer than 45 degrees, it will turn to butter.

Should cream start to turn buttery, whip in 2 or 3 more tablespoonfuls of cold milk.

If you wish the cream to keep stiff for a day or two, add one teaspoon gelatine soaked in one tablespoon cold water. Dissolve the gelatine over hot water; allow to cool to the consistency of egg white before adding to the cream and whipping.

Use medium speed when whipping cream with an electric beater.

Cream, when whipped, almost doubles in bulk.

SUBSTITUTES FOR WHIPPING CREAM

1. Use light cream or cereal cream after allowing it to stand undisturbed for 48 hours in the refrigerator. Whip as you would whipping cream.
2. Prepare cream as given above. Soak 1 teaspoon gelatine in 2 tablespoons cold water and dissolve over hot water. Allow to cool; then add to the cream and whip.
3. Use evaporated milk. Milk prepared with gelatine holds up better and longer, but it may be more convenient to chill it on occasion. Chill 12 hours. Use medium speed on the electric beater when whipping.
4. Combine equal parts of dry milk powder with water. Beat with beater at medium speed. Add 1½ teaspoons lemon juice to each cupful of this mixture, if a more stable foam is desired.

DESSERTS

RHUBARB CRUNCH

1 c. flour	4 c. diced rhubarb
½ c. melted butter	1 c. sugar
1 tsp. cinnamon	1 c. water
¾ c. oatmeal	2 tbsp. cornstarch
1 c. brown sugar	1 tsp. vanilla

Mix until crumbly, flour, butter, cinnamon, oatmeal and brown sugar. Press half of crumbs into greased 9" baking pan. Cover with rhubarb. Combine and cook until thick and clear remaining ingredients. Pour over rhubarb and cover with remaining crumbs. Bake at 350 degrees for 1 hr.

Jennifer Haynes

PEANUT BUTTER PIE

1 c. granulated sugar	3 egg yolks, slightly beaten
4½ tbsp. cornstarch	1½ c. creamy peanut butter
½ tsp. salt	1 tsp. vanilla
3 c. milk	

Topping:

1 c. heavy cream	½ tsp. vanilla
2 tbsp. powdered sugar	

Prepare and bake shell. In med. sauce pan combine sugar, cornstarch and salt. Mix well. Gradually add milk, stirring till mixture is smooth. Over med.

(continued)

heat bring to boil, stirring constantly, boil for 1 min. Remove from heat. Stir half of hot mixture into egg yolks. Pour back into sauce pan. Return to boiling, stirring and boil 1 min. longer. Remove from heat. Stir in peanut butter and vanilla. Pour into pie shell. Refrigerate at least 3 hrs.

Topping:

Make topping about one hour before serving. Beat cream with powdered sugar and $\frac{1}{2}$ tsp. vanilla till stiff. Spread over pie and refrigerate one hour.

Alma T. Hitchcock

- EXTRA RECIPES -

Candy, Jelly & Preserves



CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230 - 234 degrees
Soft ball	234 - 238 degrees
Medium ball	238 - 244 degrees
Firm ball	244 - 248 degrees
Hard ball	248 - 254 degrees
Very hard ball	254 - 265 degrees
Light crack	265 - 285 degrees
Hard crack	290 - 300 degrees
Caramelized Sugar	310 - 338 degrees

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies	234 - 236 degrees, soft ball
Fondants (mints, etc.)	238 - 240 degrees, soft ball
Marshallows	238 - 240 degrees, medium ball
Caramel mixtures	246 - 252 degrees, firm ball
Taffies	265 - 270 degrees, hard ball
Butterscotch	290 - 300 degrees, crack
Brittles	300 - 310 degrees, hard crack

BOILED FROSTINGS

1 egg white to 1 c. sugar -	238 - 242 degrees, soft ball or thread
2 egg whites to 1 c. sugar -	244 - 248 degrees, soft ball or thread
3 egg whites to 1 c. sugar -	254 - 260 degrees, firm ball or long thread



CANDY, JELLY & PRESERVES

DIVINITY

3 c. sugar	2 egg whites
3/4 c. light corn syrup	3 tbsp. flavored Jello
3/4 c. hot water	3 tsp. vanilla
1/4 tsp. salt	1 c. nuts

Butter sides of heavy 2 qt. saucepan, in it combine corn syrup, water, sugar and salt. Cook and stir until sugar dissolves and mixture reaches boiling point. Cook to hard ball stage - 250 degrees, without stirring. Remove from heat. Meanwhile beat egg whites to soft peaks. Gradually add gelatin, beating to stiff peaks. Add vanilla and pour hot syrup slowly over egg whites beating constantly on mixer at high speed till soft peaks form and mixture starts to lose its gloss. Stir in nuts, drop from tsp.

Karen McNutt

PEANUT BUTTER FUDGE

2 c. sugar
2 tbsp. light corn syrup
2/3 c. canned milk

Bring to soft boil stage.

Add: 2 tbsp. butter	1 tsp. vanilla
1/3 c. peanut butter	

(continued)

Boil to soft ball stage - let stand till cool then stir and pour into buttered pan.

Johnni Conatser

CARAMELS

3 c. white sugar	$\frac{1}{4}$ lb. Oleo
2 c. light Karo	1 can Eagle Brand milk
$\frac{1}{2}$ lb. butter	

Add 2 tbsp. Eagle Brand to all ingredients. Bring to boil - add rest of milk, 2 tbsp. at a time. Cook to 260 degrees. Pour in buttered pan and cut.

Peggy Martin

ALMOND ROCA

4 c. sugar	1 lb. real butter
1 c. white Karo	1 lb. almonds

Put all together and cook to hard crack stage. Pour on cookie sheet and put a few chocolate chips on top after a min. When they start melting spread with knife.

Laura Jaconetty

BAKED FUDGE

2 oz. chocolate	$\frac{1}{2}$ c. milk
2 eggs	1 c. sugar
$\frac{1}{2}$ c. flour	$\frac{1}{2}$ tsp. salt
1 tsp. vanilla	1 c. nuts
$\frac{1}{3}$ c. butter	

(continued)

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Melt chocolate in milk. Beat eggs, add sugar, stir until dissolved. Cool chocolate paste, add to egg mixture. Add flour, vanilla and nuts. Add melted butter. Pour into about a 9" square pan and bake about 30 min. at 350 degrees.

Glenna Peebles

BEET JELLY

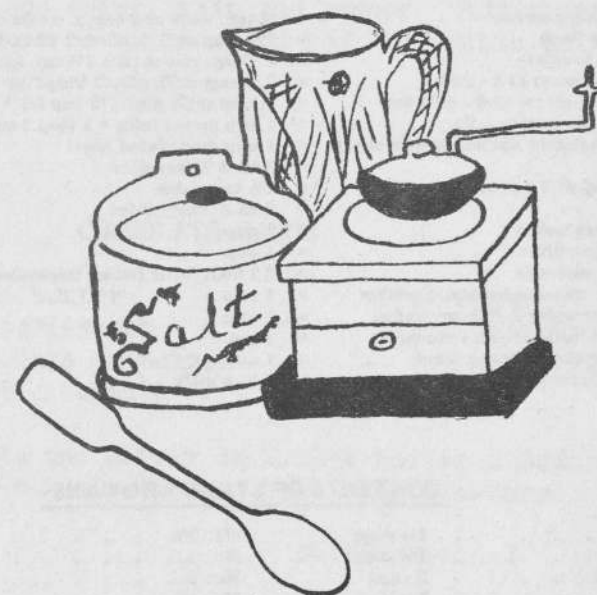
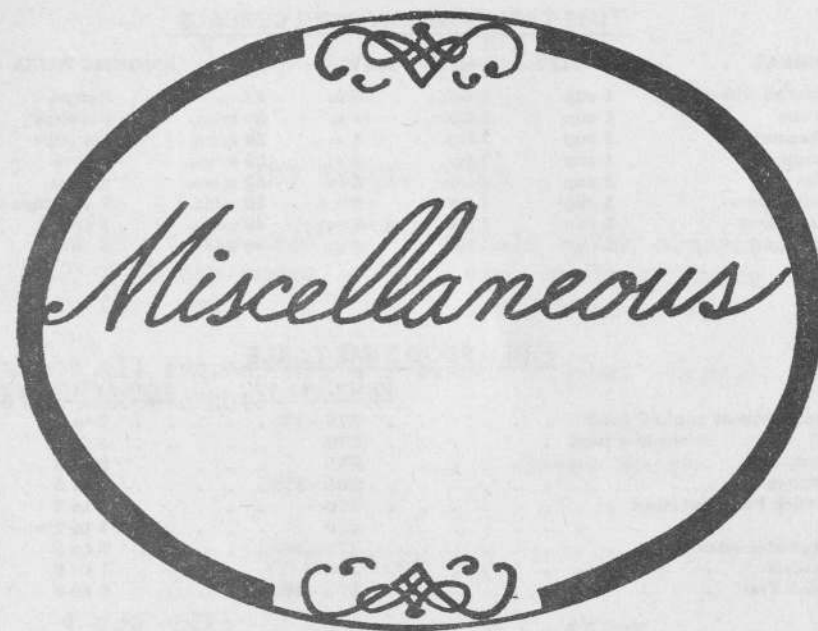
6 large beets,	$\frac{1}{2}$ c. lemon juice
raw	1 pkg. pectin
4 c. beet juice	6 c. sugar

Peel raw beets and slice. Cover with water and cook till tender. Drain liquid. Mix 4 c. of this beet juice with lemon juice and powdered pectin. Bring to a good boil. Add 6 c. sugar and bring to a full rolling boil. Boil 3 min. only. Pour into hot glasses and seal.

Florence Weist

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- EXTRA RECIPES -



TIME TABLE FOR COOKING CEREALS

CEREAL	QUANTITY	SALT	WATER	TIME	AMOUNT WHEN COOKED
Cracked Wheat	1 cup	1 tsp.	3 c.	2 hrs.	3 cups
Farina	1 cup	1 tsp.	4 c.	30 mins.	3 3/4 cups
Macaroni	1 cup	1 tsp.	4 c.	25 mins.	2 1/4 cups
Oatmeal	1 cup	1 tsp.	4 c.	30 mins.	3 cups
Rice	1 cup	1 tsp.	8 c.	40 mins.	4 cups
Rolled Oats	1 cup	1 tsp.	2 1/4 c.	30 mins.	2 2/3 cups
Buckwheat	1 cup	1 tsp.	4 - 6 cups	40 mins.	3 cups
Cornmeal	1 cup	1 tsp.	4 c.	30 mins.	3 cups

FRIED FOOD TIME TABLE

	TEMP. of FAT	TIME in MINUTES
Croquettes of cooked food	375 - 385 .	2 to 4
uncooked food	370 .	5 to 6
Doughnuts	375 .	2 to 3
Fritters	365 - 375 .	2 to 5
French Fried Potatoes	370 .	5 to 7
thin	390 .	1 to 1 1/2
Vegetable rings	375 - 380 .	2 to 3
Oysters	375 .	1 to 2
Small Fish	375 - 385 .	2 to 5

APPROXIMATE EQUIVALENTS OR SUBSTITUTIONS IN BAKING AND COOKING

1 tsp. baking powder	= 1/4 tsp. soda and 1/2 tsp. cream of tartar
1 cup cake flour	= 7/8 cup or 1 cup less 2 Tbsp. all purpose flour
1 square chocolate	= 3 Tbsp. cocoa plus 1 1/2 tsp. fat
1 cup thin cream (18 - 20%)	= 7/8 cup milk plus 3 Tbsp. fat
1 cup heavy cream (36 - 40% fat)	= 3/4 cup milk plus 1/3 cup fat
1 cup sour or butter milk	= 1 cup sweet milk + 1 tbsp. lemon juice or vinegar
1 1/3 cups firmly packed brown sugar	= 1 cup granulated sugar
1 lemon	= 3 to 4 Tbsp. juice
Grated rind of 1 lemon	= 1 1/2 tsp. juice
1 orange	= 6 to 8 Tbsp. juice
12 to 14 egg yolks	= 1 cup
8 to 10 egg whites	= 1 cup
1 Tbsp. cornstarch	= 2 Tbsp. flour (when thickening)
9 coarsely crumbled graham wafers	= 1 cup
11 finely crumbled graham wafers	= 1 cup
7 coarsely crumbled salt crackers	= 1 cup
9 finely crushed salt crackers	= 1 cup
1 cup evaporated milk + 1/2 cup water	= 1 cup milk

CONTENTS OF STANDARD CANS

Picnic	1 1/4 cups	No. 2 1/2	3 1/2 cups
No. 300	1 1/4 cups	No. 3	4 cups
No. 1 Tall	2 cups	No. 5	7 1/3 cups
No. 303	2 cups	No. 10	13 cups
No. 2	2 1/4 cups		

MISCELLANEOUS

HOT SPICED CIDER

2 qt. apple cider	1 whole stick cinnamon
1/2 c. brown sugar	1 tsp. whole allspice
1/4 tsp. salt	1 tsp. whole cloves

Combine all ingredients and simmer 20 min. Remove spices - serve hot.

Suzee White

MAYONNAISE

4 egg yolks	1/2 c. sugar
1 c. cream, sweet	1 tsp. mustard
or sour	1/2 c. vinegar

Beat eggs. Add sugar, salt and pepper. Add mustard to small amount of vinegar and cook in double boiler until thick.

Clara Loebis

CHOCOLATE SAUCE

2 tbsp. butter	1 c. sugar
2 sq. semi-sweet	2/3 c. Sego milk
chocolate or German	(1 small can)
sweet chocolate	

Melt chocolate and butter in double boiler. Add sugar, then milk. Cook slowly until desired thickness.

Shirley Otness

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1 small onion, chopped	2 boxes frozen broccoli
$\frac{1}{4}$ lb. Oleo or butter	1-8 oz. jar Cheese Whiz
2 c. cooked rice	

Karen McNutt

$\frac{1}{2}$ c. cream	Pinch of salt
1 egg	1 tbsp. sugar
$\frac{1}{4}$ c. flour	

Karna Lindh

Nellie Blixrud

1 can (med. size) shrimp
 $\frac{1}{2}$ head lettuce, shredded
 2 tbsp. chopped endive
 $\frac{1}{4}$ c. celery (chopped)

Dressing:

3 tbsp. mayonnaise 2 tsp. minced onion
1 tbsp. lemon juice ¼ tsp. Worcestershire
 sauce
 ¼ tsp. salt

Helen McCauley

1 tsp. dry yeast
1 c. warm water
1 tsp. sugar
1½ tsp. salt

2 tbsp. oil
3½ c. sifted flour

1-6 oz. can tomato	$\frac{1}{2}$ tsp. salt
paste	$\frac{1}{2}$ tsp. black pepper
1 can water	1 tsp. sugar
1 tsp. oregano	2 cloves garlic, minced

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Stir until dissolved dry yeast and water. Stir in sugar, salt and oil. Beat in 2 c. sifted flour. Stir and knead in 1½ c. sifted flour. Knead on floured board until smooth. Put into greased bowl. Cover and let rise 45 min. Punch down and cut in half and form into 2 balls (for 14" or 15" pizza). Roll out very thin to the shape of your pan. Place on lightly floured pan.

Sauce: Mix and cook all ingredients slowly for ½ hr. Spoon tomato mixture over rolled out dough in pan. Place on it the following:

½ lb. cooked pork sausage
Sliced mushrooms
Sliced olives (ripe or green)
Anchovies or pepperoni
6 oz. Mozzarella cheese slices
Dot with tomato sauce on top of cheese.

Bake at 425 degrees for 20-25 min.

Annetta Weinert

PIZZA

(Makes four 12" pizzas)

Dough:

1 pkg. active dry yeast	1 tsp. salt
1½ c. warm water	2 tbsp. oil
	4 c. flour

Filling:

2-6 oz. cans tomato paste	¼ tsp. pepper
1 c. hot water	1 tsp. oregano
1 tsp. salt	2 lb. Mozzarella cheese, ground fine

(continued)

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Dough: Dissolve yeast in water. Stir in oil. Sift flour and salt together. Stir into oil, yeast and water. Knead vigorously on cloth or board until smooth and elastic, about 15 min. Shape into ball, place into greased bowl, brush with oil, cover with damp cloth, let rise until double about 2 hrs. Form into 4 balls. Roll into 12" circle, fit on pizza tin, brush with olive oil.

Filling: Mix all ingredients except cheese together and spread over dough. Top with cheese. (you may add anything else you want on top of the cheese). Bake at 550 degrees F. 12-15 min.

Pat Findorff

SUGARED WALNUTS

1 c. sugar	1 tsp. lemon extract
1/3 c. concentrated orange juice	2 tbsp. butter or margarine
	2½ c. walnut halves

Combine sugar and orange juice and cook until mixture forms a soft ball in cold water. Add extract and butter. Beat well until mixture is creamy and begins to thicken. Add walnut halves and stir until nuts are well coated. Pour out on waxed paper and pull apart in small clusters. Cool.

Marie Stenson

PICKLED WHITE FISH

3 c. white vinegar	2 garlic cloves
1 c. water	1/3 c. pickling spices
3/4 c. sugar	2 slices onion
1½ tbsp. salt	

(continued)

57 - Choteau, Mont.

Boil pickling mixture about 20 min. Scale fish and cut into pieces. Boil for 3 min. Pour pickling mixture hot over fish packed in jars. Use in about 3 days.

Suzee White

MUSTARD

$\frac{1}{2}$ c. sifted flour	$\frac{1}{2}$ c. dry mustard
$\frac{1}{4}$ c. sugar	$\frac{3}{4}$ c. vinegar
$\frac{1}{8}$ tsp. salt	
Dash garlic powder	

Mix dry ingredients and vinegar and blend till smooth. Let stand several days in a covered jar in refrigerator before using. Season before using.

Beverly Hanson

ZUCCHINI OMELET

In a skillet cook together - for about 3 min.:

1 c. unpeeled diced zucchini	1 tbsp. chopped
$\frac{1}{2}$ c. cooked ham, diced	onion

Cover the skillet and cook the mixture over low heat for about 4 min. Stir in 2 tbsp. butter and as soon as it is melted add 4 eggs, beaten with 2 tbsp. each of grated Parmesan cheese and water, and salt and pepper to taste. Stir the eggs with a fork until they begin to set. Cook the eggs shaking the pan back and forth, for about 30 seconds longer, or till they are done to taste. Sprinkle with grated parmesan cheese - serve on hot plates.

Christie Field

58 - Choteau, Mont.

TEA REFRESHMENTS for 300 people:

12 large sandwich loaves, sliced lengthwise (6 white & 6 brown).

FILLINGS FOR FANCY SANDWICHES -- Ribbon & rolled:

4 doz. eggs -- hard boil, make filling with salad dressing and seasoning.

4 tins Kwik or 1 lb. of ham or bologna -- Mix with salad dressing and dills, chopped or sweet relish. This can be used for rolled sandwiches or ribbon type with egg using alternate layers of white and brown bread.

$1\frac{1}{2}$ lbs. white cream cheese -- Mix with salad dressing. Spread on bread. Sprinkle with chopped maraschino cherries. Make in rolls. Takes 1 - 12 oz. jar red cherries and 1 - 6 oz. green.

$1\frac{1}{2}$ lbs. Velveeta -- Mix with salad dressing. Make in rolls with olive (takes about 4 per slice) or dill slices.

3 tins shrimp -- Mix with salad dressing. Roll.

2 large tins salmon -- Mix with chopped celery, salad dressing and seasoning. Roll centred with dill.

These should be tightly rolled in wax paper and refrigerated till cut. These amounts will make 800 sandwiches allowing 2 - 3 per person.

DAINTIES for 300 people:

3 per person usually allowed. 25 persons supplying 3 dozen each should be sufficient if a group project.

Also required: 2 lbs. tea

3 lbs. sugar cubes

3 qts. creamilk

$\frac{1}{2}$ gallon sweet pickles

$\frac{1}{2}$ gallon dills

SUPPER QUANTITY COOKING

BAKED BEANS FOR 100:

8 qts. dry beans	4 lbs. salt pork
20 qts. salad	20 doz. rolls
4 lbs. butter	20 pies
4 qts. cream	2 lbs. coffee

HASH SUPPER FOR 100:

40 lbs. corned beef	5 qts. salad dressing
32 qts. potatoes	4 lbs. butter
20 doz. rolls	2 lbs. coffee
20 qts. chopped cabbage	4 qts. cream

CABBAGE SALAD FOR 175:

20 lbs. cabbage	4 large cans crushed pineapple
1½ qts. salad dressing	2 bunches carrots

HAM SUPPER FOR 225:

48 lbs. canned ham	45 qts. strawberries
24 potato salads (solicited)	6 pkgs. Bisquick (mixed re directions for shortcake)
48 pkgs. peas (1 lb.)	6 qts. heavy cream
5 lbs. coffee	
9 qts. cream	

BRAISED BEEF FOR 200:

65 lbs. stew beef	Harvard beets
60 lbs. potatoes	40 lbs. turnips
36 pies	2 lbs. cheese

TURKEY DINNER FOR 250:

7 turkeys	75 lbs. potatoes
75 lbs. butternut squash	10 bunches celery
20 large cranberry rings	44 pies

CHICKEN SHORTCAKE FOR 135:

60 lbs. chicken	3 large pkg. Bisquick
30 pkgs. frozen peas	17 pkgs. Flakon corn mix
12 cans cranberry sauce	2 bunches celery

FIRST AID FOR POISONING

KEEP CALM! • ACT PROMPTLY!

CALL YOUR DOCTOR IMMEDIATELY

OFFICE PHONE _____

HOME PHONE _____

Tell him what happened and the name of the product involved

IF YOUR DOCTOR IS NOT AVAILABLE CALL:

POISON INFORMATION CENTER _____

or take the patient to the nearest doctor's office or hospital emergency room.

EMERGENCY TRANSPORTATION _____

PHONE NUMBER OF POLICE OR RESCUE SQUAD _____

Bring along the container involved.

IF YOU CAN'T GET INSTRUCTIONS FROM A DOCTOR QUICKLY MAKE PATIENT VOMIT:

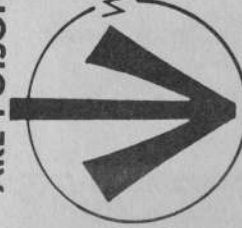
1. Keep his mouth open with spoon handle.
2. Place him face down with head lower than his hips (spanking position).
3. Tickle back of his throat with your finger.
4. If he doesn't vomit, have him drink 2 glasses of water.
Repeat steps 1 to 3 or give 2 to 3 teaspoonfuls of SYRUP of Ipecac.

DO NOT CAUSE VOMITING IF PATIENT

1. Is unconscious or in a coma.
2. Is having fits (convulsions).
3. Swallowed a "corrosive substance" that burns the mouth or throat (toilet bowl cleaners, lye, ammonia, bleach).
4. Swallowed a petroleum product (kerosene, lighter fluid, paint thinner, furniture polish).

REMEMBER THE BEST TREATMENT OF ANY POISONING IS PREVENTION

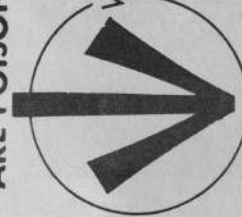
THESE SUBSTANCES ARE POISON...



WHERE DO YOU
KEEP THEM?

Lye
Oven Cleaner
Liquid Floor Polish
Floor Wax
Furniture Polish
Turpentine
Gasoline
Lighter Fluid
Fuel Oil
Solvent
Insect Spray
Weed Killer
Rat & Mouse Killer
Dishwasher Detergent
Spot Remover
Antifreeze

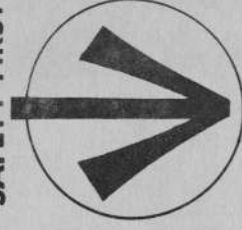
THESE MEDICINES ARE POISON...



WHERE DO YOU
KEEP THEM?

Aspirin
Sleeping Pills
Tranquillizers
Cough Medicines
Iron Pills
Oil of Wintergreen
Heart Pills

SAFETY FIRST



1. Keep your medicines safely out of your children's reach.
2. Read the label carefully before taking or giving medicine.
3. Empty unlabeled containers into the toilet and flush contents away.
4. Discard the surplus from your prescription bottle when it is no longer needed.
5. Never give your child medicine which has been prescribed for someone else.
6. Never take medicines or tablets in front of your child.
7. Never call your child's medicine candy.

EACH OF THESE SUBSTANCES
COULD KILL YOUR CHILD
BE SURE THEY ARE ALWAYS
IN A SAFE PLACE WHERE
HE CANNOT REACH THEM.

ALL OF THESE MEDICINES ARE VALU-
ABLE WHEN USED CORRECTLY AND IN
THE RIGHT DOSES. BUT, REMEMBER
THAT ALL MEDICINES AND TABLETS ARE
POISONOUS WHEN TAKEN IN OVERDOSES.

ANTIDOTE CHART

Emergency COUNTERDOSES For The Home

PHONE NUMBERS

DOCTOR
PHARMACIST
HOSPITAL
AMBULANCE
POISON CONTROL CENTRE.....

DO THIS FIRST

- Contact a doctor at once.
- Keep the patient warm.
- Determine if patient has taken

- (1) A POISON: something not meant
to be taken internally . . . or
- (2) AN OVERDOSE: a food or drug
taken in excessive quantity.
- While waiting for physician, give
appropriate counterdose below.

- But do not force any liquids on the
patient — if he is unconscious.

- If a doctor is not immediately avail-
able, rush patient to nearest hospital
— emergency department.

To Find the Correct Counterdose

- In one of the lists printed at left, find
substance causing the trouble.
- Next to that substance is a number.
This refers to counterdose bearing
same numbers in the section below.

KEEP ALL POISONS AND MEDICINES OUT OF REACH OF CHILDREN

POISONS		COUNTERDOSES	
1	Induce vomiting with an emetic such as: • 1 Tablespoon salt in glass of warm water, or • 2 teaspoons powdered mustard in glass of warm water, or • Soap and warm water, or • Finger in throat.	2	Give following mixture in 1/2 glass of warm water: 2 Tablespoons activated charcoal or powdered burnt toast,** 1 Tablespoon milk of magnesia (or 8 tablets crushed) or stomach powder, 1 Tablespoon tannic acid or strong tea. • Induce vomiting (See No. 1).
4	Give glass of milk immediately. • Give starch paste—made by mixing 3 Tablespoons cornstarch with 1/4 cup water. • Then induce vomiting by giving 5 Tablespoons of salt in a quart of warm water. Drink until vomit fluid is clear. • Finally give another glass of milk.	5	Give 1/4 cup hydrogen peroxide 3%. • 1 Tablespoon baking soda in quart of warm water. • Then give 1/2 cup mineral oil. Positively do NOT give animal or vegetable oil (salad oil, cooking oil, etc.). • Induce vomiting (See No. 1).
7	Give 2 teaspoons of baking soda in a glass of warm water. • Then induce vomiting (See No. 1). • Then 2 teaspoons baking soda in a glass of warm water again.	8	Give whites of 2 eggs in a glass of milk. • Follow with more milk.
10	Do NOT induce vomiting! Give 2 Tablespoons vinegar in 2 glasses of water. • Then give whites of 2 eggs or 1/4 cup of olive oil or cooking oil or salad oil.	11	Induce vomiting. (See No. 1) • Give 2 Tablespoons Epsom salts in 2 glasses of water. • Then give large quantities of warm strong tea or coffee.
13	Give mixture as in No. 2. • Keep patient awake.	14	Give 2 Tablespoons of milk of magnesia. • Give glass of milk. • Induce vomiting (See No. 1) • Then give large quantities of milk.
16	Rush victim into fresh air. • Keep patient warm and lying down. • Warm strong tea or coffee. • Give artificial respiration if necessary.	17	
18	Do NOT induce vomiting! Give 2 Tablespoons milk of magnesia liquid or crushed tablets in a large quantity of warm milk.	19	Give mixture as in No. 2. • Induce vomiting. (See No. 1) • Give artificial respiration if necessary.

*This "Universal Antidote" may be obtained from your pharmacist
**According to some authorities Powdered Burnt Toast is not an effective substitute for Activated Charcoal.

PROTECT YOUR FAMILY

Keep all poisons and medicines out of reach of children.

1. Give infants and young children drugs only as directed by your physician
2. Be sure all poisons are clearly marked and out of reach
3. Do not take or give medicine in the dark
4. Do not throw away drugs or hazardous materials carelessly
5. Do not store poisonous or inflammable substances (kerosene, gasoline, rat poison, etc.) in food or beverage containers
6. Use cleaning fluids with adequate ventilation only
7. Protect skin and eyes when using insect poisons, weed killers, solvent and cleaning agents
8. Do not take drugs prescribed for another person. Destroy old prescription contents and containers well.

This chart is sponsored by The Canadian Pharmaceutical Association and is distributed by your pharmacist in the interest of public welfare.